



Grain Package

51'360 kcal

- Dimensions:** 55 x 41 x 23 L/W/H in cm
- Weight:** 19.3 kg
- Allergens:** Gluten
- Storage:** Preferably cool and dry, without direct sunlight.
Ideally at a constant temperature of approx. 15-20° Celsius.
- Once opened:** Always close the tin firmly with the plastic lid. Do not eat directly from the container (contamination), the opened product can be consumed within several weeks.
Avoid large temperature variation to prevent condensation.
- Shelf Life:** 10 years. Vacuumed and sealed under protective atmosphere (Swiss Can Machinery).

nutritional values per 100g:

product	energy KJ / kcal	fat	saturated fat	carbs	sugars	protein	salt	fibre
spelt flakes	1367 / 327	3g	0.0268g	63g	0.9g	12g	0.007g	11.5g
spelt whole grain	1270 / 302	2g	0.5g	63g	1g	13g	0g	10g
golden millet	1520 / 363	3.5g	0.5g	70g	0.4g	10g	0.0g	3g
corn semolina	1470 / 351	1g	0.2g	65.5g	1.5g	5.6g	0.002g	3g
rolled barley	1320 / 311	2.1g	0.5g	63.3g	1g	9.8g	0.04g	18g
quinoa white	1494 / 354	6.1g	0.7g	57.2g	4.9g	14.1g	0.03g	7g

Ingredients and directions

“Grain Package”

2 tins of Spelt Flakes, 900g each, total 1800g (5886 kcal) – allergens: gluten

Ingredients: spelt flakes

For muesli, porridge or soup

2 tins of Spelt Whole Grain, 1500g each, total 3000g (9060 kcal) – allergens: gluten

Ingredients: spelt whole grain

Grind to flour/flakes or soak and cook whole (15 min)

2 tins of Golden Millet, 1400g each, total 2800g (10164 kcal) – allergens: may contain traces of gluten

Ingredients: golden millet

Cook for 8-10 min, then cover and leave it to rest for 15 min

2 tins of 2-min Corn Semolina, 1200g each, total 2400g (8424 kcal) – allergens: may contain traces of gluten

Ingredients: corn semolina

Semolina/liquid ratio: 1:4

Stir into boiling water and let it simmer on low heat for 2 to 5 min

2 tins of Rolled Barley, 1500g each, total 3000g (9330 kcal) – allergens: gluten

Ingredients: Rolled Barley Nr. 3

Soak in water, let it simmer for 30 to 45 min and leave it to rest until done

2 tins of Quinoa White, 1200g each, total 2400g (8496 kcal)

Ingredients: quinoa white

Quinoa/Water ratio: 1:1,5

Simmer for 8 min. Remove pot from heat and leave it to rest for 5 min

