

Spelt Package

Content: 2 x 900g Spelt Flakes (in 2-liter tin)
 2 x 1500g Whole Grain Spelt (in 2-liter tin)
 2 x 1000g Shredded Spelt (in 2-liter tin)
 2 x 1000g Spelt Flour (Semi-White) (in 2-liter tin)
 2 x 600g Spelt Penne (in 2-liter tin)

Storage: If possible, cool and dry, without direct sunlight.
 A constant temperature of below 20° Celsius would be optimal.

Once opened: Close again with the enclosed plastic lid.
 Do not eat directly from the container (contamination), then the content of the opened tin will not go bad for several weeks.
 Avoid huge temperature range to prevent development of humidity in- and outside the tin.

Shelf Life: 10 years. Vacuumed and sealed under protective atmosphere (INDOSA pro-VAC)

Nutritional values per 100g:

Product	Energy KJ / kcal	Fat	th. Saturated fatty acids	Carbo- hydrates	thereof sugar	Protein	Salt	Dietary Fibres
Spelt Flakes	1358 / 320	2,7g	0,4g	63,2g	0,9g	10,8g	0,007g	8,8g
Whole Grain Spelt	1270 / 302	2,0g	0,5g	63,0g	1,0g	13,0g	0,0g	10,0g
Shredded Spelt	1270 / 302	2,0g	0,5g	63,0g	1,0g	13,0g	0,0g	10,0g
Spelt Flour	1452 / 346	1,8g	0,2g	68,0g	0,7g	12,9g	0,005g	3,0g
Spelt Penne	1377 / 329	1,7g	0,2g	59,0g	0,7g	15,0g	<0,01g	8,9g
Spelt-Kernotto	1446 / 342	2,0g	0,5g	63,0g	1,0g	13,0g	0,0g	10,0g

Ingredients: Spelt products exclusively

Preparation/Consumption

Spelt Flakes: for muesli, porridge or soup for example

Whole Grain Spelt: Process into flour/flakes with a hand mill or soak and cook entirely (15min)



Shredded Spelt:	For baking bread or as an ingredient in muesli
Spelt Flour (Semi White):	Well suited for all pastries (bread, pasta, crêpes, sauces, soups, etc.)
Spelt Penne:	cook approx. 10 min
Spelt Kernotto:	Cook between 14 - 18 minutes