



## Spelt Package

41'126 kcal

- Dimensions:** 55 x 41 x 23 L/W/H in cm
- Weight:** 16.3 kg
- Allergens:** Gluten
- Storage:** Preferably cool and dry, without direct sunlight.  
Ideally at a constant temperature of approx. 15-20° Celsius.
- Once opened:** Close again with the enclosed plastic lid. Do not eat directly from the container (contamination), then the opened product can be consumed for several weeks.  
Avoid huge temperature range 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
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	59g	0,7g	15g	<0,01g	8,9g
spelt kernotto	1446 / 342	2g	0,5g	63g	1g	13g	0g	10g

## Ingredients and directions

### “Spelt 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 Spelt Flour, 1000g each, total 2000g (6920 kcal) – allergens: gluten**

Ingredients: spelt flour

Suitable for making delicious pastries: bread, pasta, crepes, sauces, soups, doughs

**3 tins of Spelt Penne, 600g each, total 1800g (5922 kcal) – allergens: gluten, may contain traces of eggs**

Ingredients: spelt flour (Swiss), special “kernser water” from the Arvigrat

Cook for approx..10 min

**3 tins of Spelt Kernotto, 1300g each, total 3900g (13338 kcal) – allergens: gluten**

Ingredients: spelt grain (spelt rice) precooked,

Spelt-Kernotto (spelt rice) can be prepared quickly and easily and be used for side dishes, salads or main courses. Can be served hot or cold. Does not stick! Can be reheated

Cooking time 14 to 18 min

