

# Buckwheat Flour

Our wholegrain Buckwheat Flour is milled from the whole hulled and cleaned buckwheat. Due to the low gluten content, it is recommended to use wholegrain buckwheat flour in combination with other flour when making baked goods. This pseudo-grain tastes nutty and is naturally gluten free as the plant is only similar to grains.

We offer both a conventional version and an organic version.

Wholegrain Buckwheat Flour is particularly suitable for:

- Pancakes
- Waffles
- Bread
- Burgers

## Ingredients:

100% Buckwheat

## Nutritional values per 100g

Energy	1449 kJ 342 kcal
Fat / of which saturates	1,7g <0,5g
Carbohydrates / of which sugars	71g <0,5g
Fibre	3,7g
Protein	9,1g
Salt	<0,01g

## Packaging sizes



25kg bags



Big Bag



loose loading

## Deliverable in



conventional



EU organic