

Spelt Meal Fine/Medium/Coarse

Our Spelt Meal is made by milling the whole, cleaned spelt grain. It contains all parts of the grain (endosperm, bran, germ). The wholegrain meal therefore contains all the vitamins, fatty acids, fibre, and minerals that are contained in the whole grain. The main difference to wholegrain flour is that it is not so finely milled.

We offer both a conventional version and an organic version (Naturland, Bioland, EU organic flour).

Spelt Meal is particularly suitable for:

- Flavourful, savoury bread
- Fresh muesli

Ingredients:

100% Spelt

Nutritional values per 100g

Energy	1411 kJ 334 kcal
Fat / of which saturates	2g 0,4g
Carbohydrates / of which sugars	61g 1g
Fibre	12g
Protein	12g
Salt	0,02g

Packaging sizes



25kg bags



Big Bag



loose loading

Deliverable in



Bioland



EU organic



halal



conventional



kosher



Naturland