

Whole Emmer Grains

Our Whole Emmer Grains are very versatile. Emmer is a popular type of ancient grain for use in baking and has good baking properties. Therefore, emmer is an excellent grain and suitable for baking bread and rolls.

We offer both a conventional version and an organic version.

Emmer Grains are very good:

- For making wholegrain flour
- For overnight porridge or cooked emmer

Ingredients:

100% Emmer

Nutritional values per 100g

Energy	1428 kJ 338 kcal
Fat / of which saturates	2,7g 0,6g
Carbohydrates / of which sugars	62,0g 3,3g
Fibre	8,8g
Protein	12,0g
Salt	0,05g

Packaging sizes



25kg bags



Big Bag



loose loading

Deliverable in



EU organic



conventional