

## Wholegrain Spelt Flour

Our Wholegrain Spelt Flour is made from whole spelt grains and contains all parts of the valuable ancient grain. Baked goods made from wholegrain spelt flour stay fresh for longer and contribute to a health-conscious lifestyle.

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

Wholegrain Spelt Flour is most suitable for:

- Wholegrain rolls
- Wholegrain spelt bread
- Waffles
- Cakes

### Ingredients:

100% Spelt

### Nutritional values per 100g:

Energy	1445 kJ 342 kcal
Fat / of which saturates	2g 0,4g
Carbohydrates / of which sugars	63g 0,9g
Fibre	12g
Protein	11g
Salt	0,02g

### Packaging sizes



25kg bags



Big Bag



loose loading bags up to  
10kg



### Deliverable in



Bioland



EU organic



halal



conventional



kosher



Naturland