

Sprouted buckwheat flour

Amola

• S P R O U T E D •

Description

Grain type: buckwheat.

Uses: pancakes, cookies, pasta, pies, breads, muffins.

100% whole grain, gluten free.

500 g.

Sprouted buckwheat is highly nutritious as it is an excellent source of protein and essential amino acids like lysine and arginine. Sprouting is a great way to release all these essential nutrients stored in the grains.

Sprouted buckwheat flour is light and gluten free. It can be used to prepare pancakes, cookies, pasta, pies, breads, muffins and all the recipes you can imagine!

How to use sprouted buckwheat flour

Sprouted buckwheat flour can replace non-sprouted buckwheat flour, other gluten-free flours like rice or millet, or all-purpose flour in some recipes. Sprouted flour tends to be thirsty, so you may need to use more liquid than you would with non-sprouted flour. We share lots of delicious recipes on our instagram and web!

Ingredients and nutrition information

Ingredients: sprouted black beans

May contain peanuts, sesame and soybeans.



Nutrition information

	Per 100g	Per serving 50g
Energy	1399 kJ / 333 kcal	693 kJ / 165 kcal
Fat	3 g	1.5 g
of which saturates	0.5 g	0.2 g
Carbohydrates	67.3 g	33.6 g
of which sugars	2.8 g	1.4 g
Fibre	8.7 g	4.3 g
Protein	9.2 g	4.6 g
Salt	0.02 g	0.01 g

This pack contains 6 servings.

Storage and shelf life

Our flours are milled with nothing removed or added. This means naturally occurring oils remain present in the flour after milling. Sprouting helps to stabilize these oils which keeps the flour fresher for longer. All of our sprouted flours can be kept in your pantry at room temperature or kept in the freezer in an airtight container.

Shelf life: 1 year

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