

Sprouted millet flour

Amola
• S P R O U T E D •

Description

Grain type: millet.

Uses: breads, pasta, cakes, muffins, cookies, pancakes.
100% whole grain, gluten free.

Sprouted millet flour is light, sweet and gluten free.
It's delicious in breads, cookies, pancakes, pasta, pies, muffins, cakes and in all the recipes you can imagine!

Sprouted millet is very nutritious as it is a good source of proteins, fiber, antioxidant contents and magnesium. Sprouting is a great way to release all these essential nutrients stored in the grains.

How to use

Sprouted millet flour can replace non-sprouted millet flour and is a great base for all your baking. You can combine it with any other flour to create your everyday 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 millet flour.
May contain peanuts, sesame and soybeans.

Nutrition information

	Per 100g	Per serving 50g
Energy	1453kJ / 346kcal	727kJ / 173kcal
Fat	2.8 g	1.4 g
of which saturates	0.4 g	0.2 g
Carbohydrates	69.5 g	34.7 g
of which sugars	2.4 g	1.2 g
Fibre	11.9 g	5.9 g
Protein	10.8 g	5.4 g
Salt	0.01 g	<0.01 g

Storage and shelf life

We carefully dry the sprouted millet until it reaches stable moisture levels. We mill and pack it carefully, and we do not add additives throughout the process. All our sprouted flours can be kept in your pantry at room temperature

Shelf life: 1 year

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