Monument Standard 1kg Cutter Doves Farm.

5mm Bleed (if solid print)

DO NOT TRIM PLATES

60mm | 100mm | 60mm | 97mm

connect

Job Number	173684 v2 (2lgc99)
Job Title	Marriages Light Spelt Flour 1kg
Customer	Monument Paper Bag Co Ltd
Printer	Monument Flour Bags
CSR	P.Entwistle
Date	8/27/2014
Cutter No	NA
Order No	Bill
Process	Flexo
Barcode	EAN 13, 5011259055388
Operator	r.middleton
Ref No	NA
Plate No	NA
Job Size	330.000mm x 332.000 mm

These colours are only a guide, please refer to the Pantone® book for an accurate colour match.

PANTONE 731 U 30.36% | PANTONE Black U 1.91%

QUALITY ASSURANCE

Content Checked By:
Date: / /

Colour Checked By:
Date: / /

Although this proof/file has been checked in compliance with stringent quality assurance procedures, errors can occur. It is the customers responsibility to check this design for content, size, layout and colour separation prior to advising final approval to print.

Studios 2 & 3 • Roach Bank Road • Pilsworth • Bury • BL9 8RQ
Tel: 0161 796 9696 • enquiries@vcg-connect.com

330mm Repeat

160mm Print height to top of bag

173684 v2 - Marriages Light Spelt Flour 1kg
Inks: 731 Black CUTTER

VCG | connect

Maximum Graphics Line

LIGHT SPELT FLOUR

SOURCE OF FIBRE

1KG e

We mill this flour from the ancient grain Triticum spelta. Some bran is removed during milling for a lighter texture.

NUTRITION INFORMATION	Per 100g
Energy	346kcal 1466kj
Fat	1.6g
of which saturates	0.2g
Carbohydrate	72.3g
of which sugars	1.7g
Fibre	4.4g
Protein	13.2g
Salt	Trace

INGREDIENTS

Spelt flour

Manufactured in the UK. Flour is made from spelt from more than one country.

GUARANTEE This product should reach you in perfect condition. If you are not entirely satisfied, please return it with the packaging. Your statutory rights remain unaffected by this guarantee.

STORAGE INSTRUCTIONS Store in a cool, dry place. Once opened, store in an airtight container.

BEST BEFORE See top of pack.

MARRIAGE'S
THE MASTER MILLERS

LIGHT SPELT

FLOUR

AN ANCIENT WHEAT VARIETY

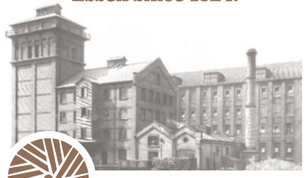
FOR SWEET, NUTTY FLAVOURED BREAD, CAKES & PANCAKES

MILLING SUPERIOR QUALITY FLOUR SINCE 1824

5 011259 055388 >

THE MARRIAGE FAMILY

W&H Marriage & Sons Ltd has been milling flour in Essex since 1824.



Marriage's was founded by twins William and Henry nearly 200 years ago. Today the fifth and sixth generations of the Marriage family continue the milling tradition. Our flour is produced using a combination of the traditional techniques we have trusted for generations and the best modern milling technology.

Before milling, we remove the Spelt grain's tough outer husk. The flour is later finely sieved to remove some bran. Spelt is an ancient variety of wheat and contains gluten, so is not suitable for coeliacs.

MARRIAGE'S RANGE *includes* ORGANIC, SPECIALITY *and* STONEGROUND *flours*.

W&H MARRIAGE & SONS LTD
CHELMER MILLS • CHELMSFORD • ESSEX • CM1 1PN
01245 354455 WWW.FLOUR.CO.UK

BANANA AND DATE SPELT PLAIT

PREPARATION TIME
20 minutes plus proving time

BAKING TIME
25–30 minutes

MAKES 1 LOAF

INGREDIENTS

500g Light Spelt flour
7g sachet dried fast action yeast
50g caster sugar plus 1 teaspoon water to mix with yeast
1 teaspoon salt
100g dates, chopped
100g butter, melted
2 ripe bananas, mashed
75g dried banana slices, roughly chopped

RECIPE TIP
Once out of the oven, mix ½ teaspoon ground cinnamon with 2 tablespoons of honey and brush over the warm loaf.

METHOD

1. Mix the yeast with 1 teaspoon of sugar and 50ml lukewarm water and leave for 5 minutes until dissolved.
2. Mix together the remaining sugar, flour, salt and dates. Mix the butter with the mashed and dried bananas and stir in the yeast mixture. Stir into the flour with up to 50ml lukewarm water.
3. Mix together to form a dough.
4. Knead the dough on a floured surface for 5–10 minutes until smooth. Place in an oiled bowl, cover and leave to rest in a warm place for 1 hour.
5. Knock the dough back and divide into three pieces. Roll each out to a 35cm sausage and plait all three together. Place on a baking tray and leave in a warm place for 1 hour.
6. Bake in a preheated oven at 180°C fan/200°C/400°F/Gas 6 for 25–30 minutes or until golden.

VISIT WWW.FLOUR.CO.UK FOR MORE RECIPES
floursales@marriagesmillers.co.uk

Follow us on

Print Solid

Print Solid Area

Glue Area

Unprinted Glue Area

173684 v2 - Date: 27-AUG-14

50mm | 25mm

65mm

332