

**amisa**  
DELIGHTFULLY GLUTEN FREE

*Amisa is made to be a little different.  
We understand every body is unique, so we create  
food to suit individuals. Our products combine  
peace of mind with pure pleasure, making Amisa  
the perfect choice for the life you lead.  
This is food that fits you.*

### A versatile legume

Chickpeas are one of the earliest cultivated legumes - 7,500 year old remains have been discovered in the Middle East. Use our flour for hummus, falafel mixes or to make panelle flat breads. Chickpeas are high in protein, fibre and are naturally gluten free.

#### Italian Farinata

Serves 4  
1 cup chickpea flour  
2 cups water  
2 tbs. olive oil  
1 tsp. salt

#### Preparation

1. Combine flour, water, 1 tbs. olive oil, and salt in a bowl. Whisk until frothy, then allow to rest for 1 hour. The batter will retain wet consistency.
2. Preheat oven to 450°F. Grease a 10.5 inch pie dish or tray with 1 tbs. olive oil. Pour in chickpea batter and spread. Bake for 45 minutes, or until the top begins to brown. When cool, slice into wedges and season with salt and pepper to taste - serve with your favourite bruschetta topping.

To create tasty recipes and find inspiring ideas take a look at [www.amisa.co.uk](http://www.amisa.co.uk)



IT-BIO-014  
EU Agriculture  
EU Landwirtschaft  
Agriculture UE  
EU maataloutta  
Γεωργία ΕΕ  
EU jordbrug  
EU Landbouw  
EU jordbruk



400ge

#### D: Biologisches Kichererbsenmehl glutteenfrei

Zutaten: Kichererbsenmehl\*

\*= Aus kontrolliert biologischem Anbau

Mindestens haltbar bis: siehe Stempel.

Kühl und trocken lagern.

#### F: Farine de pois chiches sans gluten biologique

Ingédients: farine de pois chiche\*

\*= issus de l'agriculture biologique

A consommer de préférence avant le: voir impression.

A conserver au sec et à l'abri de la chaleur.

#### FIN: Luomu gluteeniton kikhernejauho

Ainekset: kikhernejauho\*

\*= kontrolloitu luomutuote

Parasta ennen:

katso pakkauksen päältä.

Säilytä viileässä ja kuivassa.

#### GR: Βιολογικό αλεύρι Ρεβυθίου χωρίς

Συστατικά: αλεύρι όρνιθας\*

\*= Πιστοποιη ένα βιολογικά συστατικά.

Ανάλωση κατά προτίηση πριν από: βλέπε συσκευασία. ιατηρείται σε όρσοερό και ξηρό έρος

#### N: Økologisk kikertmel glutenfri

Ingrediënten: kikertmel\*

\*= fra godkjent økologisk landbruk

Best før: se stempel.

Lagre kjølig og tørt.

#### NL: Biologische kikkererwtmeel glutenvrij

Ingrediënten: kikkererwtmeel\*

\*= van gecontroleerde biologische landbouw

Ten minste houdbaar tot: zie stempel.

Bewaren op een koele en droge plaats.

#### S: Ekologisk kikärtsmjöl glutenvria

Ingredienser: kikärtsmjöl\*

\*= certifierad ekologisk ingrediens

Bäst före-datum: se datummärkning.

Förvaras svalt och torrt.

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**amisa**  
DELIGHTFULLY GLUTEN FREE

ORGANIC

**CHICKPEA  
flour**

High in protein

- ✓ Gluten free
- ✓ Vegan
- ✓ High fibre

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#### Chickpea flour Organic gluten free

Ingredients: Chickpea flour\*

\*=certified organic ingredients

Best before: See stamp.  
Store cool and dry.

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Average Nutritional Values / durchschnittliche Nährwerte / Valeur nutritionnelle moyenne pour / skinnäräainen ravintoarvo / Μέση τροφική Αξία / Næringsverdi / gemiddelde voedingswaarde / Näringsvärden / per 100g	
ENERGY	1323kJ/316kcal
Energie/énergie/energia/ενέργεια/energi/energie/energi	
FAT	6.3g
Fett/matières grasses/rasvaat/fett/vetten/fett	
of which saturates	0.6g
davon gesättigte Fettsäuren/dont acides gras saturés /josta tyydyttynyttä/εξ των κορεσμένων/verzadigde vetzuren/varav mättat fett	
CARBOHYDRATE	46.9g
Kohlenhydrate/glucides/hiilihydraatit/υδατών/σάκχα/κορβοϋδρατερ/koohydraten/kolhydrat	
of which sugars	3.7g
davon Zucker/dont sucres/josta sokereita/εξ των οσπείων σάκχα/ħvorav sukker/ħwaarav suikers/varav sockerarter	
FIBRE	13.6g
Ballaststoffe/fibres alimentaires/ravintokuitu/εξώδι εκ ίνec/fiber/vezels/fiber	
PROTEIN	20.9g
Eiweiß/protéines/proteiinia/πρωτεΐνec/protein/eiwitten/protein	
SALT	0.15g
Salz/sel/suola/Αλάτι/salt/zout/salt	



Amisa, 6a Lower Teddington Rd, Kingston, KT1 4ER, UK  
Amisa, Turfstekker 6, 8433 HT, Haulerwijk, Netherlands