

104,000 mm

150,000 mm

Wessex Mill®



Wholemeal Spelt Flour

Ingredients
Spelt wheat.

Allergen Advice
For allergens, including cereals containing gluten, see ingredients in **bold**.

Nutrition
Typical values per 100g
Energy 1400kJ/330kcal
Fat 2.5g
of which saturates 0.4g
Carbohydrate 64g
of which sugars 1.3g
Fibre 8.5g
Protein 14g
Salt 0 g

Packed in the UK.

Flour ground from 100% of the spelt grain. Makes delicious loaves, scones or rolls. Use your own recipe for making bread by hand or in a bread machine on a wholemeal rapid bread setting.



Always cook flour before consumption.

Store in a cool dry place.
Best Before see back V1



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1.5kg e

CGL_104150

Colours:
cmyk process

