

Inks:



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 seed

The pyramid shaped Buckwheat seed is not a type of wheat – it is in fact related to the rhubarb family of plants. Buckwheat has been cultivated in South East Asia and Tibet for centuries. It is naturally gluten free.

Buckwheat Galettes
100g buckwheat flour
1 vegan egg (flax/chia)
300ml water or your
choice of milk
a pinch of salt

Preparation
Put the flour, salt, egg and half the liquid into a bowl. Mix well to a smooth paste then stir in the remaining liquid. Refrigerate for 30mins – 1hr. Heat an oiled pan –medium heat. Ladle the batter into the pan and spread thinly, sauté until the base is golden then flip the galette and cook the other side. Repeat until the batter is used. Serve with your favourite filling.

To create tasty
recipes and find
inspiring ideas
take a look at
www.amisa.co.uk



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



PLEASE
RECYCLE

400ge

D: Biologisches buchweizenmehl glutenfrei

Zutaten: Buchweizenmehl*
*= Aus kontrolliert biologischem Anbau
Mindestens haltbar bis: siehe Stempel.
Kühl und trocken lagern.

F: Farine de sarrasin sans gluten biologique

Ingrédients: farine de sarrasin*
*= 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 tattarijauho

Ainekset: tattarijauho*
*= kontrolloitu luomutuote
Parasta ennen: katso leima.
Säilytä viileässä ja kuivassa.

GR: Βιολογικό αλεύρι φαγόπυρου

Συστατικά: Φαγόπυρο*
*= Πιστοποιημένα βιολογικά συστατικά.
Ανάλωση κατά προτίμηση πριν από:
βλέπε συσκευασία.
Διατηρείται σε δροσερό και ξηρό μέρος.

N: Økologiske bokhvete mel glutenfri

Ingredienser: bokhvetemel*
*= fra godkjent økologisk landbruk
Best før: se datostempel.
Oppbevar kjølig og tørt.

NL: Biologische boekweitmeel glutenvrij

Ingrediënten: boekweitmeel*
*= van gecontroleerde biologische landbouw
Ten minste houdbaar tot: zie stempel.
Bewaren op een koele en droge plaats.

S: Ekologisk bovetemjöl glutenvria

Ingredienser: bovetemjöl*
*= certifierad ekologisk ingrediens
Bäst före-dag: se datummärkning.
Förvaras svalt och torrt.

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amisa
DELIGHTFULLY GLUTEN FREE

ORGANIC

BUCKWHEAT
flour

Deliciously Nutty

✓ Gluten free
✓ Vegan

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Buckwheat flour Organic gluten free

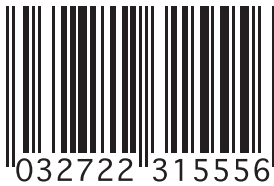
Ingredients: Buckwheat flour*
*=certified organic ingredients

Best before: See stamp.
Store cool and dry.

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**Average Nutritional Values / durchschnittliche
Nährwerte / Valeur nutritionnelle moyenne
pour / skimääräinen ravintoarvo / Μέση
Διατροφική Αξία / Næringsverdi / gemiddelde
voedingswaarde / Näringsvärden / per 100g**

ENERGY	1466kJ/346kcal
Energie/energie/energia/ενέργεια/energi/ energie/energi	
FAT	1.8g
Fett/matières grasses/rasvaa/λίπαρά/fett/ vetten/fett	
of which saturates	0.66g
davon gesättigte Fettsäuren/dont acides gras saturés /josta tyydyttyynyttä/εκ των οπισθων κορεσμένα/ hvorav mettet fett/ waarvan verzadigde vetzuren/ varav mättat fett	
CARBOHYDRATE	74.3g
Kohlenhydrate/glucides/hiilihydraatit/ υδατώνθρακες/karbohydrater/koolhydraten/ kolhydrat	
of which sugars	0.46g
davon Zucker/dont sucres/josta sokereita/ εκ των οπισθων σακχαρα/ hvorav sukker/ waarvan suikers/ varav sockerarter	
FIBRE	3.4g
Ballaststoffe/fibres alimentaires/ ravintokuitu/εδώδες ίνες/fiber/vezels/fiber	
PROTEIN	6.4g
Eiweiß/protéines/proteínia/ πρωτεΐνες/ protein/eiwitten/protein	
SALT	0.004g
Salz/sel/suola/λάτι/salt/zout/salt	



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