

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 grain

Quinoa originated in the Andean region of Ecuador, Bolivia, Colombia and Peru, where it was successfully domesticated 3,000 to 4,000 years ago for human consumption. It provides a source of protein and fibre.

Organic quinoa flakes gluten free

Start your day with Amisa Gluten Free Quinoa Flakes for the perfect and quick hot breakfast. They can also be used as an ingredient in baking or added to soup for some additional protein. Our quinoa flakes are batch tested for gluten using the ELISA method.

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

Amisa, 6a Lower Teddington Rd.,
Kingston, KT1 4ER
Amisa, Turfstekers 6, 8433 HT,
Haulerwijk, Netherlands

Preperation for breakfast

For one serving: Add 1/3 cup quinoa flakes and one cup of boiling water, or your choice of milk, to a saucepan. Bring to a medium heat and stir gently for about 30 seconds until the flakes and liquid are thoroughly combined. Remove the saucepan from the heat and cover. Allow the mixture to stand for 3-4 minutes, or until the quinoa flakes reach the desired consistency. The cereal will become thicker as it stands. Sweeten to taste.



NL-BIO-01
non-EU Agriculture
EU/non-EU Landwirtschaft
Agriculture UE/non UE
Tuotettu EU:n ulkopuolella
Γεωργία ΕΕ/εκτός ΕΕ
EU/non-EU Landbouw
EU/ikke-EU landbouw



PLEASE RECYCLE

D: Biologisches quinoaaflocken glutenfrei

Zutaten: Quinoaaflocken*
* = aus kontrolliert biologischem Anbau
Aufgrund von Produktionsmethode nicht
geeignet fuer **Soja** oder **Nüssen** Allergiker.
Mindestens haltbar bis: siehe Stempel.
Kühl und trocken lagern.

F: Flocons de quinoa sans gluten biologique

Ingédients: flocons de quinoa*.
* = issus de l'agriculture biologique
Suite aux methodes de fabrication, ne pas
approprié pour des gens avec une
allergie pour du **soja** et du **noix**.
A consommer de préférence avant le:
voir date imprimée.
Conserver dans un endroit frais et sec.

FIN: Luomu quinoa hiutaleita gluteeniton

Ainekset: quinoa hiutaleita*.
* = kontrolloitu luomutuote
Tämän tuotteen valmistustapa ei **soija** tai
pähkinöitä allergisille.
Parasta ennen: katso pakkauksen leima.
Säilytä viileässä ja kuivassa paikassa.

GR: Νιφάδες κινόα χωρίς γλουτένη

Συστατικά: κινόα νιφάδες*.
* = Πιστοποιημένα βιολογικά συστατικά
Λόγω των μεθόδων παρασκευής του, το
προϊόν δεν είναι κατάλληλο για άτομα
με αλλεργίες σε σόγιας ή καρύδια.
Ανάλυση κατά πρότίμηση πριν:
βλέπε συσκευασία.
Διατηρείται σε δροσερό και ξηρό μέρος.

N: Økologiske quinoa flak glutenfri

Ingredienser: quinoa flak*.
* = fra godkjent økologisk landbruk
Passer ikke for **notte-** eller **soya** allergikere
på grunn av produksjonsprosessen.
Best før: se stempel. Lagre kjølig og tørt.

NL: Biologische quinoa vloeken glutenvrij

Ingrediënten: quinoa vloeken*.
* = van gecontroleerd biologische landbouw
Passer ikke for **noten** en **soja** allergikere
på grunn av produksjonsprosessen.
Ten minste houdbaar tot: zie stempel.
Bewaar op een koele en droge plaats.

S: Ekologiskt Quinoa flingor glutenfria

Ingredienser: quinoa flingor*.
* = certifierad ekologisk ingrediens
Ej lämplig för **soja** eller **nötter**allergiker
pga tillverkningsmetod.
Bäst före-datum: se datummärkning.
Förvaras svalt och tørt.

400g e

amisa
DELIGHTFULLY GLUTEN FREE

ORGANIC

QUINOA
flakes

Source of protein

✓ Gluten free
✓ Vegan
✓ Dairy Free

serving suggestion
serviersorschlag / suggestion de présentation /
tarjoelluehdotus / προτάσηερ βίολογιατος /
serveringsforslag / serveertip / serverar förslag

400g e



Quinoa flakes Organic gluten free

Ingredients: quinoa flakes*
* = certified organic ingredients
Not suitable for **soya** or **nut** allergy
sufferers due to manufacturing
methods.
Best before: see stamp on top of box.
Store in a cool and dry place.

400g e

Average Nutritional Values / durchschnittliche Nährwerte / valeur nutritionnelle moyenne pour / skimmårgärdinen ravintoarvo / Μέση Διατροφική Αξία / Næringsverdi / gemiddelde voedingswaarde / näringsvärden / per 100g	
ENERGY	1622kJ/387kcal
Energie/énergie/energia/ Ενέργεια/energi/energie/ energi	
FAT	6.3g
Fett/matières grasses/rasva/ λίπαδο/fett/vetten/fett	
of which saturates	<1.0g
davon gesättigte Fettsäuren/ dont acides gras saturés/ιστά tydytynnyttä/Εκ των ατομωv κορεσμεvα/ hvorav mettet fett/waarvan verzadigde vetzuren/varav mättat fett	
CARBOHYDRATE	66.9g
Kohlenhydrate/glucides/hiiilhydraatit/ υδατώνρακες/karbohydrater/ koalhydraten/kolhydrat	
of which sugars	1.8g
davon Zucker/dont sucres/ιστά sokereita/Εκ των ατομωv αάκχα/ hvorav sukker/waarvan suikers	
FIBRE	4.9g
Ballaststoffe/fibres alimentaires/ ravintokuitu/Εβιδωvες ίvες/ fiber/vezels/fiber	
PROTEIN	12.5g
Eiweiis/protéines/proteini/πρωτείνες/ protein/eiwitten/protein	
SALT	0.05g
Salz/sel/suola/akati/salt/zout/salt	



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