

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

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



www.amisa.co.uk

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







D: Biologisches quinoaflocken glutenfrei Zutaten: Quinoaflocken* *= 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

F: Flocons de quinoa sans gluten biologique
Ingrédients: 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

pähkinöitä allergisille. Parasta ennen: katso pakkauksen leim Säilytä viileässä ja kuivassa paikassa.

GR: Νιφάδες κινόα χωρίς γλουτένη

N: Økologiske quinoa flak glutenfri Ingredienser: quinoa flak*.

*= fra godkjent økologisk landbruk Passer ikke for **nøtte-** eller **soya** allergikere

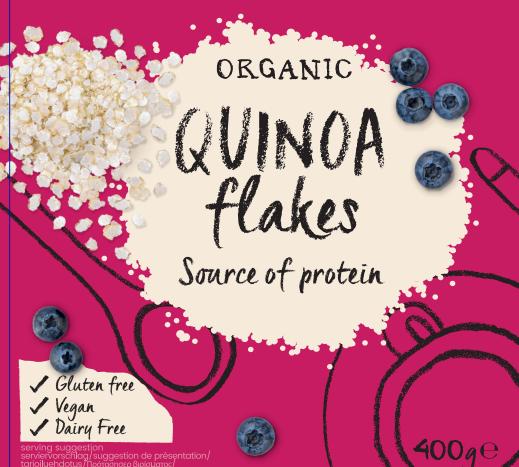
NL: Biologische quinoa vlokken glutenvrij
Ingrediënten: quinoa vlokken*.
*= van gecontroleerd biologische landbouw
Passer ikke for noten en soja allergikere
på grung av produksionsprasessen

S: Ekologiskt Quinoa flingor glutenfria Ingredienser: quinoa flingor*. *= certifierad ekologisk ingrediens

ij lämplig för **soja** eller **nötter**allergiker pga tillverkningsmetod. Bäst före-datum: se datummärkning. Förvaras svalt och torrt.

400ge







Quinoa flakes Organic gluten free

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

400g e

	per 100g	
W	ENERGY Energie/énergie/energia/ Evéργεια/energi/energie/ energi	87kc
	FAT Fett/matières grasses/rasva/ λιπαρά/fett/vetten/fett	6.3
	of which saturates davon gesättigte Fettsäuren/	<1.0
	dont acides gras saturés/josta tyydyttynyttä/Εκ των οποίων κορεσμένα/ hvorav mettet fett/waarvan	
	verzadigde vetzuren/varav mättat fett CARBOHYDRATE Kohlenhydrate/glucides/hillihydraatit/	66.9
1	υδατάνθρακες/karbohydrater/ koolhydraten/kolhydrat of which sugars davon Zucker/dont sucres/josta	1.8
	sokereita/εκ των οποίων σάκχαρ/ hvorav sukker/waarvan suikers FIBRE	4.9
の こうしゅう 日本の	Ballaststoffe/fibres alimentaires/ ravintokultu/εδώδιμες ίνες/ fiber/vezels/fiber PROTEIN	10.5
	Eiweiß/protéines/proteiini/πρωτεΐνες/ protein/eiwitten/protein	12.5
1	SALT Salz/sel/suola/αλάτι/salt/zout/salt	0.05



