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1.5g Salt 0.4

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20mm 75mm Best Before

DOVES FARM

Organic works with nature and helps protect our planet. Its high standards encourage healthy soil and habitats, so bees, birds, butterflies and other wildlife can flourish. That's why we've been pioneers of organic since 1978.



We also love home baking and believe it is a great choice for our health and wellbeing. Not only can you pick the best local and seasonal ingredients and know exactly what goes into your food, it is an enjoyable activity and a great way to treat family and friends.

Clare & Michael
Founders, Doves Farm

— ORGANIC —



Creamy in colour and mildly nutty in flavour, use this soft ancient grain flour like regular white flour.

WHITE SPELT FLOUR

DOVES FARM

— ORGANIC —

ORGANIC White Spelt Flour

Typical values	Per 100g
Energy	1495kJ 352kcal
Fat	2.0g
of which saturates	0.4g
Carbohydrate	72g
of which sugars	0.3g
Fibre	3.3g
Protein	10g
Salt	0.03g

Ingredients: spelt wheat*
Allergy advice: for allergens, including cereals containing gluten, see ingredients in bold. May contain traces of barley, rye.
*Organic product.
Milled in the UK with EU & non-EU spelt.
Best before: see top.
Storage: cut down the top after use and store in a cool dry place.
Packaging material: paper.
Always cook flour before consumption.

1Kg
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Once widely grown in Roman times, we were the first to introduce spelt back to UK soils. We love using this Organic White Spelt Flour instead of regular white flour to make breads, cakes, biscuits, pastry and pancakes.

WHITE SPELT PANCAKES - Makes 8

- 150g Doves Farm Organic White Spelt Flour
- 25g King of Hearts
- 1 tsp Baking powder
- 2 Large eggs
- 100ml Milk

Butter for cooking
Stewed or fresh fruit, or
syrup (optional)



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1. Sieve the flour, icing sugar and baking powder into a jug and stir to combine.
2. Break the eggs into the jug, add the milk and beat to a smooth, thick batter.
3. Put a small knob of butter into a frying pan over medium heat. As it melts tip the pan so that the melted butter covers its surface.
4. Pour some batter into the pan to make 15cm/6" circles and continue cooking over a medium heat.
5. When bubbles appear on the surface and the base is golden, turn the pancakes over and cook the other side.
6. Transfer the cooked pancakes to a plate and repeat with the remaining batter.
7. Serve warm with fresh fruit, stewed fruit or syrup.

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