

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 and was
domesticated 3,000 to 4,000 years ago for human
consumption in the Lake Titicaca basin.
We mill our organic whole quinoa grains extra fine.
Ideal for making pancakes, cookies or for use in
baking and sauces.

Quinoa banana bread

Ingredients: 1½ cup quinoa
flour
1 tsp. baking powder
½ tsp. baking soda and ½
tsp. salt
1½ tsp. cinnamon and 3
mashed bananas,
¼ cup coconut oil, melted
and cooled
¼ cup maple syrup and 1
vegan egg (flax/chia)
½ cup of your choice of milk
and 2 tsp. vanilla
¼ cup dried cranberries

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

375g e

Preparation

Preheat oven to 180 °C. Oil a 9x5 inch loaf tin.
Mix quinoa flour, baking powder, baking
soda, salt, and cinnamon in a bowl.
In a separate bowl combine mashed
bananas, coconut oil, maple syrup, egg, milk,
vanilla and whisk until blended. Stir the dry
mix into the wet. Fold in the cranberries.
Bake for 45 mins.



IT-BIO-014
non-EU Agriculture
nicht-EU Landwirtschaft
Agriculture non UE
EU:nulkopuolinen maataloutta
εκτός ΕΕ
ikke-EU jordbrug
niet-EU Landbouw
icke-EU jordbruk



D: Biologisches quinoamehl
glutenfrei

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

F: Farine de quinoa sans gluten
biologique

Ingrédients: farine de quinoa*
*= 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 kvinoa jauho

Ainekset: kvinoajauho*
*= kontrolloitu luomutuote

Parasta ennen: katso pakkauksen leima
Säilytä viileässä ja kuivassa paikassa.

GR: Βιολογικό αλεύρι
κινόα

Συστατικά: κινόα*
* = πιστοποιημένα βιολογικά
συστατικά

Ανάλυση κατά προτίμηση πριν:
βλέπε συσκευασία.
Διατηρείται σε δροσερό και ξηρό μέρος.

N: Økologiske quinoamel glutenfri

Ingredienser: quinoamel*
*= fra debiogodkjent økologisk
landbruk

Best før: se stempel
Lagre kjølig og tørt.

NL: Biologische quinoameel
glutenvrij

Ingrediënten: quinoameel*
*= van gecontroleerde biologische landbouw

Ten minste houdbaar tot: zie stempel
Bewaren op een koele en droge plaats.

S: Ekologiskt quinoamjöl glutenvria

Ingredienser: quinoamjöl*
* = certifierad ekologisk ingrediens

bäst före-datum: se datummärkning.
Förvaras svalt och torrt.

375g e

amisa
DELIGHTFULLY GLUTEN FREE

ORGANIC

QUINOA
flour

Source of protein

✓ Gluten free
✓ Vegan
✓ Source of fibre

375g e



Quinoa flour
Organic gluten free

Ingredients: Quinoa flour*
*=certified organic ingredients

Best before: See stamp.
Store cool and dry.

375g e

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

ENERGY	1541kJ/368kcal
Energie/energie/energia/ενέργεια/energi/ energie/energi	
FAT	6.1g
Fett/matières grasses/rasvaa/λιπαρά/fett/ vetten/fett	
of which saturates	0.7g
davon gesättigte Fettsäuren/dont acides gras saturés /josta tyydyttyynyttä/ εκ των οποίων κορεσμένα/hvorav mettet fett/waarvan verzadigde vetzuren/varav mättat fett	
CARBOHYDRATE	64.2g
Kohlenhydrate/glucides/hiilihydraatit/ υδατώνθρακες/karbohydrater/koolhydraten/ kolhydrat	
of which sugars	0.0g
davon Zucker/dont sucres/josta sokereita/ εκ των οσείων σακχάρων/hvorav sukker/ waarvan suikers/varav sockerarter	
FIBRE	7.0g
Ballaststoffe/fibres alimentaires/ ravintokuitu/εδώδιμες ίνες/fiber/vezels/fiber	
PROTEIN	14.1g
Eiweiß/protéines/proteiinia/πρωτεΐνες/ protein/eiwitten/protein	
SALT	0.01g
Salz/sel/suola/Αλάτι/salt/zout/salt	



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