

e 1 kg

EN ORGANIC RAW BUCKWHEAT

- NON-HEAT TREATED, GOOD FOR SPROUTING
- GLUTEN FREE

COUNTRY OF ORIGIN: ESTONIA. STORAGE: KEEP COOL AND DRY.

DE BIO BUCHWEIZEN

- NICHT WÄRMEBEHANDELT, GUT ZUM KEIMEN GEEIGNET
- GLUTENFREI

HERKUNFTSLAND: ESTLAND. AUFBEWAHRUNG: KÜHL UND TROCKEN AUFBEWAHREN.

FR SARRASIN CRU BIO

- NON TRAITÉ THERMIQUEMENT, BON POUR GERMER
- SANS GLUTEN

PAYS D'ORIGINE: ESTONIE. À CONSERVER: À CONSERVER DANS UN ENDROIT FRAIS ET SEC.

IT GRANO SARACENO BIOLOGICO

- NON TRATTATA TERMICAMENTE, BUONO PER GERMINAZIONE
- GLUTEN FREE

PAESE DI ORIGINE: ESTONIA. CONSERVAZIONE: CONSERVARE IN UN LUOGO FRESCO E ASCIUTTO.

ES TRIGO SARRACENO PURO ORGÁNICO

- SIN TRATAMIENTO TÉRMICO, BUENO PARA GERMINACIÓN
- LIBRE DE GLUTEN

PAÍS DE ORIGEN: ESTONIA. ALMACENAJE: ALMACENAR EN LUGAR FRESCO Y SECO.



RECIPE TIP:

**Grainy Raw
Buckwheat Porridge**
(4 servings)

2 dl buckwheat

1 tbsp coconut oil

4 dl water

Pinch of Himalayan salt

Heat buckwheat in coconut oil.
Add boiling water and salt. Mix
carefully, cover with lid and let
simmer at low heat for about
10-15 minutes.

NUTRITIONAL INFORMATION PER 100 G: / NÄHRWERTANGABEN PRO 100 G: / INFORMATIONS NUTRITIONNELLES POUR 100 G: / INFORMAZIONI NUTRIZIONALI PER 100 G: / INFORMACIÓN NUTRICIONAL POR CADA 100 G:	
ENERGY: / ENERGIE: / ENERGIE: / ENERGIA: / ENERGIA:	1436 KJ / 338 KCAL
FAT: / FETT: / GRAISSE: / GRASSI: / GRASA:	1,9 G
OF WHICH SATURATED FATS: / DAVON GESÄTTIGTE FETTE: / DONT GRAISSES SATURÉES: / DI CUI SATURI: / DE LAS CUALES GRASAS SATURADAS:	0,3 G
CARBOHYDRATES: / KOHLENHYDRATE: / CARBOHYDRATES: / CARBOIDRATI: / CARBOHIDRATOS:	66,3 G
OF WHICH SUGARS: / DAVON ZUCKER: / DONT SUCRES: / DI CUI ZÜCCHERI: / DE LOS CUALES SON AZÚCARES:	0,9 G
FIBRE: / BALLASTSTOFFE: / FIBRES: / FIBRE: / FIBRA:	4,2 G
PROTEIN: / PROTEIN: / PROTEINES: / PROTEINE: / PROTEINA:	14,1 G
SALT: / SALZ: / SEL: / SALE: / SAL:	<0,01 G

BEST BEFORE: / MINDESTENS HALTBAR BIS: / À CONSOMMER DE PRÉFÉRENCE AVANT LE: / DA CONSUMARSI PREFERIBILMENTE ENTRO IL: / CONSUMIR PREFERENTEMENTE ANTES DEL:



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LOOV Organic Buckw...c Climate, Non-GMO
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MADE IN ESTONIA, THE LAND OF ORGANIC BEAUTY!

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