

e 1 kg

EN ORGANIC RAW BUCKWHEAT FLOUR

- NON-HEAT TREATED • GLUTEN FREE
- MILLED USING A TRADITIONAL MILLSTONE

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

DE BIO BUCHWEIZENMEHL

- NICHT WÄRMEBEHANDELT • GLUTENFREI
- MIT EINEM TRADITIONELLEN MÜHLSTEIN GEMAHLEN

HERKUNFTSLAND: ESTLAND. AUFBEWAHRUNG: KÜHL UND TROCKEN AUFBEWAHREN.

FR FARINE DE SARRASIN CRU BIO

- NON TRAITÉ THERMIQUEMENT • SANS GLUTEN
- MOULU AVEC UNE MEULE TRADITIONNELLE

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

IT FARINA DI GRANO SARACENO BIOLOGICO

- NON TRATTATA TERMICAMENTE • GLUTEN FREE
- MACINATA UTILIZZANDO UNA MACINA TRADIZIONALE

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

ES HARINA DE TRIGO SARRACENO PURO ORGÁNICO

- SIN TRATAMIENTO TÉRMICO • LIBRE DE GLUTEN
- MOLIDO UTILIZANDO PIEDRAS DE MOLINO TRADICIONALES

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

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: / ENERGÍA:	1442 KJ / 340 KCAL
FAT: / FETT: / GRAISSE: / GRASSI: / GRASA:	2.4 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:	65.2 G
OF WHICH SUGARS: / DAVON ZUCKER: / DONT SUCRES: / DI CUI ZÜCCHERI: / DE LOS CUALES SON AZÚCARES:	1 G
FIBRE: / BALLASTSTOFFE: / FIBRES: / FIBRE: / FIBRA:	4.2 G
PROTEIN: / PROTEIN: / PROTEINES: / PROTEINE: / PROTEINA:	14.3 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:



X000TRWD5R

LOOV Organic Raw B...ic Climate, Non-GMO
New



RECIPE TIP:

Buckwheat Pancakes

(3-4 servings)

2 dl raw buckwheat flour

2-3 eggs (depending on size)

2 tbsp cane sugar

5 dl milk (or plant milk or soured milk)

Pinch of Himalayan salt

Coconut oil to fry

Fresh berries, honey, banana to serve

Beat the eggs with sugar until fluffy. Add milk, flour and salt. Combine into batter and mix until smooth.

Fry crepes in coconut oil. Serve hot with honey, banana slices and berries.

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LOOV



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MADE IN ESTONIA, THE LAND OF ORGANIC BEAUTY!

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