



## Organic Spelt Cream Soup

The fine soup of delicacy from the "ancient grain" of nature!  
Hildegard von Bingen



### New recipe

- Without yeast extract
- Without glucose syrup
- Without palm fat

Fine cream soup with spelt "more than just a soup". With tasty recipes and tips for use in each can.

- Excellent for the binding of vegetables, soups and sauces
- A quick base for seasonal soups, e.g. with asparagus, pumpkin, mushrooms and other vegetables
- With selected herbs
- Ideal companion for any diet

### Serving suggestion:

With baking beans made of spelt.

### Ingredients:

Spelt flour\* (60 %), sea and. Sea and rock salt, spices (carrots\*, onions\*, parsley\*, lovage\*, oregano\*, basil\*, marjoram\*, turmeric\*, tomato powder\*, white pepper\*, garlic powder\*, nutmeg powder\*, parsnips\*, *celery*\*, artichoke leaf\*, nettle\*, polemint\*, water mint\*, hyssop\*, speedwell\*, wild garlic\*, sweet paprika\*, galangal root\*, bertam root\*, fenugreek\*, horseradish\*, parsnip\*, ginger\*, mugwort\*, fennel\*, thyme\*, bay leaf\*, cloves\*), rice flour\*, maltodextrin\*, potato starch\*, cane sugar\*, sunflower oil\*, *spelt bran*\* (2,5 %), potato flakes\*, *skimmed milk powder*\*, *wholemeal oat flour*\*, amaranth flour\*, chestnut flour\*, spice extract

\*from controlled organic cultivation

**Preparation:** Stir 4 tablespoons (70 g) in 1 liter cold water (= 4 plates) - bring it to a boil and let it sit. For a more refined soup, add butter or cream.



DE-ECO-006

EU-/Non-EU Agriculture

Average nutrition Facts	per 100 g basic product	per 100 ml soup
Energy	1249 kJ/ 295 kcal	87 kJ/ 21 kcal
Fat	2.2 g	0.2 g
of which saturated fatty acids	0.3 g	0.0 g
Carbohydrates	57.0 g	4.0 g
of which sugar	5.3 g	0.4 g
Fiber	4.6 g	0.3 g
Protein	9.5 g	0.7 g
Salt	14.3 g	1.0 g

# Kräuterhaus Sanct Bernhard

Der Spezialist für Naturheilmittel und Kosmetik.  
Seit **1903** im Dienste der Gesundheit.



Store dry and in a cool place.

**Content: 450 g for 6.4 litres**

Art.-no.: 156

Eti0821