



Organic-Spelt Grass-Powder

Purely plant-based, vegan

Spelt grass is a natural, vegetable dietary enrichment. Spelt, also referred to as husk or Swabian corn, is a close relative of modern-day wheat. Spelt was already grown and highly valued in central and northern Europe thousands of years ago. Village names such as Dinkelsbühl or Dinkelscherben testify the former relevance of this cereal as a foodstuff. Our spelt grass powder is obtained by gently drying and grinding young, organically-cultivated spelt plants. At the time of harvesting, the nutrient content in the young stalks and green shoots of the spelt grass is particularly high. Organic-spelt grass-powder tastes pleasantly aromatic and can simply be stirred into water, juices, soups or other food and enjoyed.

Ingredients: 100 % Spelt Grass Powder from controlled organic cultivation.

Average nutritional values	per 100 g
Energy value	1163 kJ/281 kcal
Fat	4 g
- of which saturated fatty acids	2 g
Carbohydrate	25 g
- of which sugars	8 g
Dietary fibres	50 g
Protein	12 g
Salt	0.01 g

Recommended dose: Dissolve 1 teaspoon of organic-spelt grass-powder 2 - 3 times per day in approx. 200 ml water or stir into food.



DE-ÖKO-001
EU agriculture

Close properly and store in a dry place.

Made in Germany

Contents 300 g

Art. No. 548

Eti0321