



Flakes Quinoa Organic



These Quinoa Flakes are Certified Organic – grown and processed in the cool climate of Bolivia. Quinoa is a high-altitude plant which is native to South America. Prized by the Incans, it has been cultivated and eaten for thousands of years. Made from natural Quinoa – technically a seed, not a grain – these flakes have nothing synthetic or artificial used in the growing or processing and are non GMO. Quinoa Flakes have a delicious, mild earthy flavour, nutty aroma and light fluffy texture. Easy to use and fast cooking, Quinoa flakes can be used in muesli or made into a delicious porridge. They are also great in a range of raw and cooked recipes.

How to Use:

Use delicious Organic Quinoa Flakes in home-made grain free muesli or granola mixes. To make scrumptious porridge cook 1 part flakes in 2 parts water for 3-5 minutes, stirring regularly. When nearly done add a pinch of pink salt, cinnamon and nutmeg. Sweeten to taste with maple syrup, coconut nectar or raw honey.

Versatile quinoa flakes can also be included in raw food balls and slices; baked goods; or added to soups and hotpots in the last minutes of cooking, for extra flavour and body.

Ingredients:

Organic Quinoa Flakes.

Preservative Free, Non GMO. Vegan. No Added Sugar.

Allergens:

No known Allergens. **May contain traces of allergens due to possible cross-contamination.**

Storage:

Store in an air tight container in a cool, dry place, away from direct sunlight. Refrigeration recommended in warm climates.

Shelf Life:

Up to 12 months when stored as above. See Best Before date.

NUTRITION INFORMATION		
Serving size:		
50 g		
	Average Quantity Per Serving	Average Quantity Per 100 g
Energy	785 kJ	1570 kJ
Protein	6.2 g	12.3 g
Fat, total	3.4 g	6.8 g
– saturated	0.4 g	0.8 g
Carbohydrates	30.9 g	61.8 g
– sugars	3.5 g	6.9 g
Sodium	1 mg	2 mg
Dietary Fibre	3.6 g	7.2 g