

Buckwheat Raw Organic



Despite its name, Buckwheat is not a variety of wheat – or even a grain. Buckwheat is botanically a fruit seed related to sorrel and rhubarb. It is wonderful in any recipe that calls for whole grains. This certified Organic hulled Buckwheat is GMO free and has no added preservatives. With a robust nutty flavour, raw Buckwheat can be milled for flour, sprouted, or used in sweet and savoury recipes from breakfast to dinner.

How to Use:

Raw hulled Buckwheat can be milled to make deliciously fresh flour, great for home-baked bread, muffins, cakes and cookies. A sustaining porridge of Buckwheat kernels can be made by replacing the oats and cooking for 20-30 minutes. Delicious served with maple syrup and banana. Add pre-soaked buckwheat to your smoothie before blending.

Try some in your next soup or broth, or boil buckwheat kernels as you would rice and serve beside curries and hotpots, or add it to lentil patties. Let pre-cooked buckwheat cool before adding to salads.

Try it in a wheat-free tabouli or with roasted veggies, dried

tomatoes and pinenuts. Sprout raw kernels, in a jar or tray, for wraps, salads and green juices. This Organic buckwheat can be activated, and used in all your favourite raw food recipes and treats.

Scrumptious in muesli bars, energy balls and vegan coconut chocolate. Lightly toast these yummy kernels in a low oven with maple syrup, honey or coconut nectar, for an irresistible snack, topping for ice cream or a great addition to hiker's mix.

Ingredients:

Organic Raw Hulled Buckwheat.

Preservative Free, GMO Free.

Allergens:

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

Storage:

Store in an airtight container in a cool, dry place away from direct sunlight. Refrigerate in warm climates.

Shelf Life:

Up to 24 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	756 kJ	1511 kJ
Protein	5.9 g	11.7 g

Fat, total	1.4 g	2.7 g
– saturated	0.3 g	0.6 g
Carbohydrates	33.2 g	66.4 g
– sugars	0.7 g	1.4 g
Sodium	6 mg	11 mg