

REF. 570

## Spelt Bread 230g

Spelt is a cereal that is believed to be the origin of the varieties of wheat that are consumed today and it provides more carbohydrates, minerals, proteins, fibre and vitamins B1 and B2 than wheat flour. Spelt fibre is, above all, soluble fibre that delays the absorption of the carbohydrates and, therefore, is good for everyone, but above all for diabetics. A very tasty, digestive and highly nutritious bread.

						
230 g	37.5 cm	30 u.	28 boxes	175 - 185 °C	15-20 min	18-23 min



STONE OVEN · SOURCE OF FIBRE · HANDMADE · VEGAN ·