

Spelt Flour & Berries



Spelt is an ancient heirloom grain that is considered a distant relative of wheat commonly grown today.

Once cultivated by ancient civilizations in both Europe and the Middle East, this long and pointed grain has an almond-shaped form, and provides a sweet, nutty flavor to dishes.


Sometimes referred to as farro on menus, this grain has seen an increase of 30% in the number of menu mentions¹ and is often referred to as farro when used in whole berry form. Spelt can be used in many baking recipes that typically call for wheat flour, or used in bowls and side dishes in its whole berry form. Its unique flavor and texture can provide dimension and creativity to a variety of applications.

Ardent Mills works directly with growers to ensure a consistent and stable supply of this non-GMO grain, and offers a variety of formats, including organic.



¹ Low Carb, Ancient Grains & Pulses, Mintel 2019

Spelt Formats

	Category	Application	Nutritional Highlight	Typical Protein Content (g/100g)
	Spelt Berries	Breads, Bowls, Crackers, Salads	Good source of fiber, niacin, thiamine, iron	14g*
	Spelt Flour	Muffins, Waffles, Breads, Bagels, Rolls, Pizza, Pasta, Cookies, Crackers	Good source of fiber & niacin	14g*
	Cracked Spelt	Bowls, Crackers, Pasta	Good source of fiber, niacin, thiamine, iron	14g*
	Multigrain Blends	Breads, Bagels, Rolls, Pasta, Cookies, Crackers	-	-

*Protein digestibility varies by food type

Pack Sizes Available

5 lb., 10 lb., 25 lb., 50 lb. bags, Totes, Bulk

Most offerings are available in organic.
All offerings are kosher certified and inherently non-GMO.

To learn more about our chickpeas, pulses and plant-based ingredients, contact us at (866) 452-0068 or visit ardentmills.com/chickpeahub

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