

SIX SAILS MILL FLOUR AND PRODUCT LIST

OUR FLOURS ARE STONEGROUND AND CONTAIN NO ADDITIVES OR PRESERVATIVES. WE ARE ABLE TO SEND FLOUR BY MAIL ORDER OR CARRIER. FOR ENQUIRIES PLEASE TELEPHONE US: **07718 320449** OR email: **millflour@btinternet.com**

100% WHOLEMEAL FLOURS

WHOLEMEAL FLOUR COMES JUST AS IT IS MILLED FROM THE GRAIN WITH NOTHING ADDED AND NOTHING TAKEN OUT. A MUCH HEALTHIER FLOUR WITH ALL THE GOODNESS AND FLAVOUR OF THE WHOLE GRAIN. OFTEN DESCRIBED AS 100% WHOLEMEAL.

100% WHOLEMEAL WHEAT FLOUR

- (1) HIGH PROTEIN FINE BREADMAKING FLOUR.
- (2) HIGH PROTEIN COARSE FOR IRISH SODA BREAD & SOUR DOUGH RECIPES etc..
- (3) HIGH PROTEIN EXTRA FINE FOR MAKING CHAPATTIS/FLATBREADS etc.
- (4) LOWER PROTEIN SOFTER SELF RAISING FLOUR FOR CAKES etc.

100% WHOLEMEAL BARLEY FLOUR

A NON-WHEAT FLOUR GROUND FROM PEARL BARLEY WHICH CAN BE TRACED BACK TO THE STONE AGE. IT IS MILD, SLIGHTLY SWEET AND EARTHY. GIVING BREAD A SOFT CAKE LIKE TEXTURE. IT IS VERY LOW IN GLUTEN AND SHOULD BE COMBINED WITH WHITE FLOUR IN A RATIO OF 3:1 IN BREAD MAKING.

100% WHOLEMEAL BUCKWHEAT FLOUR

GROUND FROM THE TRIANGULAR SEEDS OF A PLANT (NEITHER A GRAIN NOR A GRASS) THIS IS HIGH FAT, LOW GLUTEN FLOUR. WHEN USED IN COMBINATION WITH OTHER FLOURS, IT ADDS A PUNGENT, EARTHY FLAVOUR TO MULTI-GRAIN BREADS, PANCAKES, RUSSIAN BLINIS & FRENCH GALETTES.

100% WHOLEMEAL CHAPATTI FLOUR

A VERY FINELY GROUND SOFT FLOUR. USED FOR MAKING FLAT BREADS AND CHAPATTIS.

100% WHOLEMEAL EINKORN FLOUR

DATING BACK SOME 20,000 YEARS, THIS FLOUR (GROUND FROM THE OLDEST KNOWN WHEAT) MAKES TASTY BUT LOW RISING BREAD OR ROLLS. BLEND WITH WHITE FLOUR FOR A LIGHTER, LESS DENSE PRODUCT. ADD BAKING POWDER FOR CAKE MAKING.

***THIS FLOUR MAY TAKE PRACTICE TO USE WELL.**

100% WHOLEMEAL EMMER FLOUR

AN ANCIENT WHEAT THAT IS TRACEABLE BACK TO MANKINDS' EARLIEST TIMES. ONCE HARVESTED THE 'GLUMES' (INEDIBLE HUSKS) ARE REMOVED SO THAT THE GRAIN CAN BE MILLED. IT HAS A SLIGHTLY SWEET AND NUTTY FLAVOUR. GREAT FOR BREAD AND GENERAL BAKING SUCH AS CAKES, COOKIES & MUFFINS.

100% WHOLEMEAL KAMUT FLOUR

A FINE FIRM FLOUR. AN ANCIENT WHEAT USED BY THE EGYPTIANS. IT WAS REDISCOVERED IN A TOMB DURING WWII. SIMILAR IN PROPERTIES TO SPELT-BUT WITH ITS OWN DISTINCTIVE FLAVOUR.

100% WHOLEMEAL RYE FLOUR

THIS NON WHEAT FLOUR, GROUND FROM WHAT IS MORE OF A GRASS SEED THAN A GRAIN, IS JUST AS IT IS MILLED FROM THE SEED WITH NOTHING ADDED OR TAKEN OUT. A LIGHT 'GREEN-GREY' IN COLOUR. IT IS VERY LOW IN GLUTEN. FOR BEST RESULTS IT NEEDS TO BE MIXED WITH WHITE FLOUR-AS WHEN USED ALONE IT CAN RESULT IN A RATHER HEAVY AND DENSE BREAD. ALSO HAS MANY OTHER USES IN BAKING.

100% WHOLEMEAL SPELT FLOUR

A FINE SOFT FLOUR. AN ANCIENT STRAIN OF WHEAT USED IN ROMAN TIMES. IT HAS LESS GLUTEN THAN THE STANDARD WHEATS AND MAY BE SUITABLE FOR SOME WITH INTOLERANCE TO WHEAT. SPELT HAS A DISTINCTIVE SWEET AND NUTTY FLAVOUR. MAKES A GOOD-BUT LIGHTER LOAF. SUITABLE FOR BREAD MACHINES-SEE YOUR INSTRUCTIONS.

100% WHOLEMEAL MAIZE (FINE)

ALL MAIZE FLOUR IS GROUND FROM THE KERNELS OF SWEETCORN (CORN ON THE COB). THESE ARE DRIED FIRST TO REDUCE MOISTURE. MAIZE FLOUR HAS AN

100% WHOLEMEAL MAIZE (COARSE) *(Also known as 'POLENTA')*

EARTHY DISTINCTIVE FLAVOUR AND HAS MANY CULINARY USES AS WELL AS FOR TRADITIONAL LOW RISE CORN BREAD. CAN BE USED TO MAKE CORN BREAD OR MIXED WITH OTHER FLOURS.

DARK WHITE FLOUR

DARK WHITE FLOUR IS A 'HALF WAY' FLOUR BETWEEN WHOLE MEAL AND WHITE FLOUR. HALF THE BRAN CONTENT IS SIEVED OUT WHICH MAKES THE FLOUR LIGHTER THAN WHOLEMEAL. IT HAS MORE TEXTURE AND FLAVOUR THAN WHITE FLOUR.

DARK WHITE FLOUR (85%)

GOOD FOR BREAD MACHINES AND HAND BAKING. MAKES A TASTY MEDIUM TEXTURED LOAF AND EXCELLENT PASTRY.

SELF RAISING DARK WHITE FLOUR (85%)

SAME AS THE PLAIN DARK WHITE-85% FLOUR-BUT WITH THE ADDITION OF TWO RAISING AGENTS. USED FOR SCONES, CAKES OR PASTRY. HAS MORE FLAVOUR AND TEXTURE THAN WHITE FLOUR.

WHITE FLOURS

ALL THE BRAN HAS BEEN SIEVED OUT, LEAVING THE FINE CREAMY WHITE FLOUR WITH A 'SILKY' FEEL. USED PURE OR COMBINED WITH OTHER FLOURS FOR BREAD MAKING, PASTRY, YORKSHIRE PUDDINGS ETC.

HIGH PROTEIN WHITE FLOUR

FOR BREAD MAKING.

SELF RAISING WHITE FLOUR

A SOFTER FLOUR WITH TWO ADDED RAISING AGENTS THAT IS LOWER IN PROTEIN FOR CAKE MAKING etc.

WHEAT FLOUR (GENERAL PURPOSE WHITE FLOUR)

A SOFTER FLOUR THAT IS LOWER IN PROTEIN FOR GENERAL PURPOSE BAKING OTHER THAN BREAD. CAKES, PASTRY, BISCUITS, YORKSHIRE PUDDINGS etc.

GOLDEN PASTRY FLOUR

WHITE FLOUR WITH THE ADDITION OF FINE MAIZE TO GIVE PASTRY MORE FLAVOUR, TEXTURE AND COLOUR.

WHITE SPELT FLOUR

WHITE SPELT FLOUR CAN BE USED IN BREAD MAKING AS WELL AS FOR GENERAL BAKING AND OTHER CULINARY USES.

BREAD MAKING: MIXED FLOURS

THE MAJORITY OF OUR PREVIOUSLY LISTED FLOURS ARE WELL SUITED TO BAKING AND BREAD MAKING. THE FOLLOWING ARE BLENDS SPECIFICALLY DESIGNED TO USE FOR HAND MADE BREAD OR IN BREAD MAKING MACHINES. SEE YOUR INSTRUCTION MANUAL.

BARLEY CORN FLOUR

MADE FROM WHEAT AND BARLEY FLOURS WITH ADDED BARLEY FLAKES AND GOLDEN LINSEED WHICH IS RICH IN OMEGA OILS.

BUCKWHEAT AND POPPY SEED FLOUR

AN INTERESTING BLEND OF WHEAT FLOUR, SOYA FLOUR, POPPY SEEDS, BUCKWHEAT FLOUR, BUCKWHEAT GRAIN AND BUCKWHEAT FLAKES.

CORNFIELD BLEND

A BLEND OF WHEAT FLOURS, MALTED WHEAT FLAKES, POLENTA, SUNFLOWER, LINSEED AND SESAME SEEDS.

COUNTRY BLEND

WHEAT FLOUR WITH JUMBO OATS, MALTED WHEAT FLAKES PLUS BARLEY, BUCKWHEAT, MILLET, RICE, RYE, AND SPELT FLAKES. MAKES A TASTY LOAF OR ROLLS. GREAT WITH SOUPS, CHEESE AND SAVOURIES.

ENGLISH HERITAGE FLOUR

CONTAINS WHEAT AND RYE FLOURS WITH MALTED WHEAT AND SPELT FLAKES AND JUMBO OATS PLUS SUNFLOWER, POPPY, PUMPKIN, SESAME AND LINSEEDS. MAKES A RUSTIC STYLE BREAD THAT IS GREAT WITH SOUPS, SALADS, CHEESE, PICKLE AND CHUTNEY.

FARMERS' CHOICE BLEND

A TASTY BLEND OF WHEAT FLOUR, JUMBO OATS, MILLET, RYE, SPELT AND BARLEY FLAKES WITH MILLET, SESAME, LINSEED, POPPY AND PUMPKIN SEEDS. GREAT WITH 'PLOUGHMANS' OR SOUPS. TO MAKE A LIGHTER BREAD ADD WHITE FLOUR TO SUIT YOUR OWN TASTE.

FARMHOUSE BREAD FLOUR

BLENDED WHEAT FLOUR, BARLEY FLOUR, SOYA FLOUR MALTED WHEAT FLAKES AND GOLDEN LINSEED. MAKES A TASTY BREAD OR ROLLS.

FOUR FLAKE BREAD FLOUR BLEND

A BLEND OF WHEAT FLOUR WITH WHEAT, BARLEY, RYE AND OAT FLAKES. MAKES A LIGHT TASTY BREAD OR ROLLS.

HARVEST BREAD FLOUR BLEND

A BLEND OF SPELT, BARLEY AND RYE FLOURS WITH BROWN RICE FLAKES GIVING A LOWER GLUTEN TASTY BREAD.

HIGH FIBRE MALTED WHOLEMEAL BLEND

A HEALTHY HIGH FIBRE TASTY FLOUR CONTAINING WHEAT FLOUR, ADDED BRAN, MALTED WHEAT FLAKES & SUNFLOWER SEEDS. MAKES A LOW RISE BREAD LOAF OR ROLLS. IDEAL WITH SOUPS, STEWS, CHEESE OR SAVOURIES. (WHITE FLOUR CAN BE ADDED TO TASTE)

MALTED FOUR GRAIN

A GOOD FLOUR FOR MAKING 'GRANARY' STYLE BREAD AND ROLLS. CONTAINS WHEAT FLOUR WITH THE ADDED FLAVOUR OF BARLEY MALT FLOUR AND RYE FLOUR PLUS MALTED WHEAT FLAKES AND OAT FLAKES.

MASLIN FLOUR

A BLEND OF WHEAT, RYE AND OATMEAL FLOURS. THIS IS A TRADITIONAL FLOUR DATING BACK TO MEDIEVAL TIMES. MAKES A RUSTIC BREAD OR ROLLS – IDEAL WITH SOUPS, STEWS, SAVOURY DISHES OR CHEESE.

MILLERS' CHOICE BLEND

BLENDED WHEAT, SPELT AND RYE FLOURS WITH SPELT FLAKES FOR TEXTURE. MAKES A MEDIUM RUSTIC LOAF OR ROLLS.

MILLERS' COTTAGE BLEND

A BLEND OF WHEAT AND SPELT FLOUR GIVING A STRONGLY FLAVOURED, TASTY, HIGH RISING LOAF THAT IS ALMOST A WHITE BREAD.

OATIE WHEAT FLOUR

A BLEND OF WHEAT FLOUR, OAT FLOUR, PINHEAD OATMEAL AND ROLLED JUMBO OATS. MAKES A LIGHT TASTY LOAF WITH THE ADDED GOODNESS OF OATS.

OLD BAKERS' CHOICE

A BLEND OF WHEAT FLOUR AND FINE WHEAT BRAN. GIVES A TEXTURED TASTY LOAF.

ONION FLOUR

A BLEND OF WHEAT FLOUR WITH DRIED ONIONS. MAKES A TASTY LOAF OR ROLLS. GREAT WITH SAVOURIES, CHEESE OR SOUPS.

PUMPKIN SEED CRUNCH FLOUR

A BLEND OF WHEAT FLOUR, SOYA FLOUR, WHEAT FLAKES, SUNFLOWER SEEDS, GOLDEN LINSEED AND PUMPKIN SEEDS. MAKES A RUSTIC LOAF OR ROLLS.

RUSTIC BREAD FLOUR

A BLEND OF WHEAT FLOUR WITH WHEAT, BARLEY, RYE, AND MILLET FLAKES WITH SUNFLOWER, LINSEED AND MILLET SEEDS.

SIBSEY FOUR GRAIN BLEND

A MIXTURE OF WHEAT AND RYE FLOURS WITH BARLEY, OAT AND MALTED WHEAT FLAKES. MAKES A TASTY LOAF OR ROLLS.

SIBSEY GRANARY FLOUR

A TASTY BLEND OF WHEAT AND BARLEY FLOUR WITH MALTED WHEAT FLAKES, JUMBO OATS, RYE AND BARLEY FLAKES WITH ADDED CRACKED OATS. MAKES DELICIOUS BREAD AND ROLLS.

SIX SAILS BLEND

A TASTY GRANARY STYLE MIX CONTAINING WHEAT AND BARLEY FLOUR, MALTED WHEAT FLAKES, OATS, RYE, SPELT AND MILLET FLAKES. GREAT TASTING BREAD OR ROLLS.

***SOME BREAD MAKING MACHINES MAY REQUIRE THE ADDITION OF VITAMIN C POWDER-SEE MAKERS' INSTRUCTIONS.**

SPECIAL BLEND

A MIXED SEED FLOUR CONTAINING WHEAT FLOUR, MALTED WHEAT FLAKES, SESAME, LINSEED, MILLET, SUNFLOWER AND POPPY SEEDS.

SUNFLOWER SEED BREAD FLOUR

AN INTERESTING BLEND OF WHEAT FLOUR, BARLEY FLOUR AND BRAN WITH ADDED SUNFLOWER SEEDS. MAKES A FLAVOURSOME BREAD LOAF OR ROLLS.

TRADER MILL BLEND

BLENDED WHEAT FLOUR, BARLEY FLOUR, SEMOLINA, MALTED WHEAT FLAKES, SPELT FLAKES, MILLET FLAKES, JUMBO OATS, SUNFLOWER SEEDS, GOLDEN LINSEED AND SESAME SEEDS. MAKES A GRANARY STYLE BREAD – IDEAL WITH SOUPS AND SAVOURIES ETC.

TRADITIONAL FOUR GRAIN BLEND

A GREAT BLEND OF WHEAT, BARLEY AND RYE FLOUR WITH ADDED OAT FLAKES TO MAKE A TASTY WHOLESOME BREAD OR ROLLS.

***THIS IS NOT A MALTED FLOUR.**

WHEAT AND CORNMEAL BLEND

AN INTERESTING MIX WITH WHEAT AND MAIZE FLOURS, WHOLE WHEAT GRAINS AND FLAKES WITH SUNFLOWER, POPPY & LINSEEDS. MAKES A SOFT BREAD-BUT WITH EXTRA FLAVOUR AND CRUNCH.

WHEATGERM AND LINSEED BREAD FLOUR

WHEAT FLOUR WITH ADDED WHEATGERM AND LINSEED TO GIVE A SOFT TEXTURED BREAD WITH MORE FLAVOUR. IDEAL FOR TASTY AND HEALTHY BREAD LOAVES AND ROLLS.

LOW GLUTEN FLOURS

100% WHOLEMEAL BARLEY FLOUR

100% WHOLEMEAL BUCKWHEAT FLOUR

100% WHOLEMEAL RYE FLOUR

WHEAT FREE FLOUR

WHEAT FREE FLOUR

A BLEND OF BARLEY, RICE, MILLET AND MAIZE FLOURS. GREAT FOR CAKES, BISCUITS, PASTRY, PANCAKES etc.

SPECIALITY FLOURS

CORN FLOUR

MADE FROM THE HUSK OF THE GRAIN.

GOLDEN PASTRY FLOUR

A BLEND OF WHEAT FLOUR AND FINE MAIZE. GIVES PASTRY A NICE COLOUR WITH MORE TASTE AND TEXTURE.

MILLET FLOUR

MADE FROM GROUND MILLET SEEDS.

PASTA FLOUR

TRADITIONAL HOME MADE PASTA IS MADE WITH FINE '0' GRADE PASTA FLOUR. THIS IS A LIGHT WHITE FLOUR THAT IS HIGH IN PROTEIN. CAN ALSO BE USED FOR PIZZA BASES AND BREAD.

WHITE RICE FLOUR

THIS CREAMY STONE GROUND GLUTEN AND WHEAT FREE FLOUR IS EASILY DIGESTED AND HAS MANY USES IN SWEET AND SAVORY SAUCES, AND MANY OTHER DISHES. CAN ALSO BE USED IN BREADS, PUDDINGS, BISCUITS AND FOR THICKENING SAUCES.

SOYA FLOUR

MADE FROM GROUND DRIED SOYA BEANS.

TASTY PANCAKE FLOUR

A MIX OF FLOURS CONTAINING WHEAT, RYE AND BUCKWHEAT TO GIVE PANCAKES MORE FLAVOUR AND TEXTURE. A DUTCH STYLE RECIPE.

GLUTEN FREE PRODUCTS

GENERAL PURPOSE GLUTEN FREE WHITE FLOUR

CONTAINS RICE, POTATO, TAPIOCA, MAIZE AND BUCKWHEAT FLOURS.

SELF RAISING GLUTEN FREE WHITE FLOUR

CONTAINS RICE, POTATO, TAPIOCA, MAIZE, BUCKWHEAT, MONO CALCIUM PHOSPHATE, SODIUM BICARBONATE AND XANTHAM GUM.

BREAD MAKING GLUTEN FREE WHITE FLOUR

CONTAINS RICE, POTATO AND TAPIOCA FLOURS WITH XANTHAM GUM

GLUTEN FREE MUESLI

BROWN RICE FLAKES, MILLET FLAKES, RAISINS, SUNFLOWER SEEDS, HAZEL NUTS, CASHEW NUTS, WHOLE NATURAL ALMONDS, CRACKED BRAZIL NUTS.

GRAM FLOUR (CHANA DAHL)

MILLED FROM GLUTEN AND WHEAT FREE GRAM OR CHANA DAHL (A SMALL KIND OF CHICKPEA). THIS FINE PALE YELLOW FLOUR HAS MANY USES AND IS WIDELY USED IN ASIAN COOKING. ***PLEASE ORDER IN ADVANCE.**

FLAKED GRAINS AND SEEDS

BARLEY

FLAKES OR WHOLE GRAIN.

BUCKWHEAT

FLAKES OR SEEDS.

GOLDEN LINSEED

SEEDS.

MILLET

FLAKES OR SEEDS.

OATS

HONEY TOASTED FLAKES OR GROATS ('GRAIN').

POPPY SEEDS

BLUE POPPY SEEDS.

PUMPKIN

SEEDS.

RICE

BROWN RICE FLAKES.

RYE

FLAKES OR WHOLE GRAIN.

SESAME

SEEDS.

SPELT

FLAKES OR WHOLE GRAIN.

SUNFLOWER

SEEDS.

TOASTED MALTED WHEAT

FLAKES.

WHEAT

PLAIN FLAKES, MALTED WHEAT FLAKES, WHOLE GRAIN OR WHEAT GERM.

OAT PRODUCTS

QUICK PORRIDGE OATS (NATURAL)

A SMOOTH AND CREAMY TEXTURE THAT COOKS QUICKLY. CAN BE USED IN A MICROWAVE.

QUICK PORRIDGE OATS (ORGANIC)

SAME AS ABOVE-BUT GROWN ORGANICALLY.

FIVE GRAIN FRUITY PORRIDGE

MADE FROM OAT, WHEAT, SPELT, BARLEY AND RICE FLAKES WITH PUMPKIN SEEDS, GOLDEN LINSEEDS AND DRIED STRAWBERRIES.

MULTI GRAIN PORRIDGE OATS (ORGANIC)

A BLEND OF REGULAR OATS, RYE FLAKES AND BARLEY FLAKES GIVE FLAVOUR, TEXTURE AND FIBRE TO PORRIDGE.

JUMBO OATS (NATURAL)

MORE TEXTURE-CAN BE USED IN COOKING AS WELL AS FOR TRADITIONAL PORRIDGE.

JUMBO OATS (ORGANIC)

SAME AS ABOVE-BUT GROWN ORGANICALLY.

MULTI GRAIN JUMBO OATS (ORGANIC)

A BLEND OF JUMBO OATS, RYE FLAKES AND BARLEY FLAKES GIVE FLAVOUR, TEXTURE AND FIBRE TO COMPLIMENT THE COARSENESS OF JUMBO OATS.

OAT BRAN WHOLEMEAL OAT FLOUR HONEY TOASTED OATS
OAT MEAL: PINHEAD (COARSE), MEDIUM AND FINE.

OUR RANGE OF MUESLI

MUESLI AS A BREAKFAST CEREAL PROVIDES A BALANCED MIXTURE OF TASTY, HEALTHY AND NUTRITIOUS INGREDIENTS TO GIVE A GOOD START TO YOUR DAY.

OUR MUESLI DOES NOT CONTAIN ADDED SUGAR, SALT, WHEY POWDER, MILK POWDER OR ANY OTHER BULKING AGENTS.

APRICOT

MALTED WHEAT FLAKES, HONEY OATS, CHOPPED APRICOTS, RAISINS, JUMBO OATS, BARLEY FLAKES, HAZELNUTS.

COUNTRY

REGULAR OATS, TOASTED MALTED WHEAT FLAKES, SPELT, BARLEY & RICE FLAKES, RAISINS, CRANBERRIES, CHOPPED APRICOTS, SUNFLOWER & PUMPKIN SEEDS, COCONUT CHIPS AND WHEATGERM.

CRANBERRY

MALTED WHEAT FLAKES, HONEY OATS, BLACK RAISINS, CRISPY RICE, TOASTED COCONUT CHIPS, CRANBERRIES, ROASTED HAZELNUTS, PUMPKIN SEEDS.

DATE AND COCONUT

CHOPPED DATES, FLAKED AND DESSICATED COCONUT, CHOPPED APRICOTS, SULTANAS, RAISINS, JUMBO OATS, MALTED WHEAT FLAKES.

DATE AND NUT

REGULAR OATS, JUMBO OATS, TOASTED MALTED WHEATFLAKES, SUNFLOWER SEEDS, CHOPPED DATES, SULTANAS, COCONUT CHIPS, WHEAT GERM, HAZLENUTS AND CASHEW NUTS.

DELUXE

WHEAT FLAKES, JUMBO OATS, REGULAR OATS, BARLEY FLAKES, RAISINS, MILLET FLAKES, WHEATGERM, SUNFLOWER SEEDS, CHOPPED DATES, ROASTED HAZEL NUTS, CASHEW NUTS AND BLANCHED PEANUT

FRUIT AND NUT

REGULAR OATS, JUMBO OATS, SUNFLOWER SEEDS, FLAKED AND DESSICATED COCONUT, RAISINS, SULTANAS, CHOPPED DATES, CHOPPED APRICOTS, CASHEWS, ALMONDS, PEANUTS, BARLEY, RYE, SPELT AND WHEAT FLAKES.

RASPBERRY

DRIED RASPBERRIES, REGULAR OATS, JUMBO OATS, SUNFLOWER SEEDS, SULTANAS, RAISINS.

RED BERRY

JUMBO OATS, MALTED WHEAT FLAKES, SUNFLOWER SEEDS, SULTANAS, RAISINS, CRANBERRIES, RASPBERRIES, STRAWBERRIES.

SIBSEY MUESLI BASE

A BALANCED BASE TO WHICH YOU CAN ADD EXTRAS TO MAKE YOUR OWN MUESLI.

STRAWBERRY

TOASTED OATS, MALTED WHEAT FLAKES, SUNFLOWER SEEDS, SULTANAS, RAISINS, DRIED STRAWBERRIES.

VINE FRUITS

REGULAR OATS, JUMBO OATS, WHEAT FLAKES, RYE FLAKES, BARLEY FLAKES, SULTANAS, RAISINS, CURRANTS, SUNFLOWER SEEDS.

GLUTEN FREE

BROWN RICE FLAKES, MILET FLAKES, RAISINS, SUNFLOWER SEEDS, HAZEL NUTS, CASHEW NUTS, WHOLE NATURAL ALMONDS, CRACKED BRAZIL NUTS.

SUNDRIES

WHEAT BRAN

WHOLE WHEAT SEMOLINA

CASHEW NUTS

OAT BRAN

DESSICATED COCONUT

HAZEL NUTS

WHEAT GERM

CURRANTS/RAISINS/SULTANAS

ALMONDS

GROUND ALMONDS

PUDDING RICE

CHOPPED DATES

VITAMIN C POWDER

BAKING POWDER

QUICK YEAST

ORIGINAL DRIED YEAST

DRIED ONIONS

WHOLEWHEAT SEMOLINA

SEMOLINA IS A HIGH GLUTEN FLOUR BEING A MIXTURE OF THE COARSER BRAN AND FLOUR RESULTING FROM THE DRESSING/SIEVING PROCESS FROM THE WHITE AND DARK WHITE FLOURS ARE SEPERATED FROM THE 100% WHOLEMEAL FLOUR. IT HAS A LIGHT, SANDY TEXTURE AND CAN BE USED FOR MAKING PASTA, GNOCCHI, SHORT BREAD AND PUDDINGS. IT IS OFTEN USED TO LINE PIE BASES etc.

WHEAT BRAN

THIS IS THE HUSK SEPERATED FROM THE WHITE FLOUR DURING 'DRESSING' OF THE WHOLEMEAL FLOUR. IT ADDS FIBRE, TEXTURE AND FLAVOUR TO COOKING. CAN BE SPRINKLED ON BREAKFAST CEREALS OR USED AS A HEALTHY PET FOOD.

OAT BRAN

THIS IS THE COARSENESS SIFTED OUT OF THE OATMEAL AND IS HIGH IN SOLUBLE FIBRE. IT IS THE OUTER CASING OF THE OAT KERNEL. USED IN COOKING. CAN BE SPRINKLED ON BREAKFAST CEREALS OR USED AS A HEALTHY PET/ANIMAL FEED ADDITIVE.