

DR.AKYOL

WHOLE WHEAT FLOUR

Health from Nature



Whole Wheat Flour Technical Specifications

Quality	A Natural product that fits human consumption and health improvement as a natural food item
Store & Shelf Life	It must be stored under dry, cool, well aerated and away from direct sun light, the expiry date under mentioned conditions is 12 months after production date in its original packing
Packing	Available with 500 gr and 1000 gr aluminum pe packs by International packing standards
Specifications	<ul style="list-style-type: none">» It does not contain any coloring, preservative, aromatizing agents, any sweeteners or gelatins, it is 100% natural product» Well cleaned» Well ground by natural stone mill and (dry grinding method)» Produced from non-GMO Wheat in Turkey. It contains wheat embryo, Natural vegan» It has anti-aging effect,» It has high fibers and is therefore digestive system friendly» It provides feeling of fullness and thus in body weight control & diets» It is rich of vitamins and minerals» It decreases postprandial (after meal) fatigue and sleep» Rich from magnesium, zinc and iron» It has low glycemic index» Is is potent antioxidant, it cleans the body» It supports the immune system , enhances the mental system» It keep the body fit with its low fat

Nutritional Values for 100 gr

Energy (kcal/kj)	340/1.428
Protein	13,2 g
Carbohydrates	72,2 g
Sugar	0,4 g (low glycemic index)
Fat	2,5 g
Saturday Fat	0,4 g
Fiber	10,7 g
Salt	0,1 g



Dr. Akyol

good food, good life!

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Whole Wheat Flour Wonderful Recipes

Bread from Dr Akyol Whole Wheat Flour

Ingredients;

- » 500 ml hot water
- » 1/2 pack baker's yeast
- » 450 g Dr Akyol Whole Wheat Flour
- » 2-3 table spoon apple vinegar
- » 50 g sunflower seed
- » 50 g walnut
- » 50 g flaxseed
- » 1.5 coffee spoon salt

Method;

Place water and yeast into a bowl and stir & melt it by whisk. Add Dr Akyol Whole Wheat Flour and stir, then add vinegar, sunflower seed, walnut, flaxseed and salt. Stir till you get a soft dough. Then pour the dough into a greased cake mold. Then bake it for 45-60 minutes in the preheated oven to 180 degrees C

Cookies from Dr Akyol Whole Wheat Flour

Ingredients;

- » 1/2 water glass Dr Akyol Whole Wheat Flour
- » 1/2 water glass oatmeal
- » 1 water glass coarse ground walnut
- » 2 table spoon tahina (sesame butter)
- » 10 table spoon grape molasses
- » A little desiccated coconut for coating

Method;

Place Tahina and grape molasses into a bowl and stir them well. Add walnut, Dr Akyol Whole Wheat Flour and oatmeal. Then mix them by using a spoon well. Take some part of the dough mixture in size of walnut and roll it out on a surface coating with desiccated coconut and put the parts on the oven tray . Then bake it for 15-20 minutes in the preheated oven to 175 degrees C

