

# DR.AKYOL QUINOA FLOUR

Health from Nature



## Quinoa Flour Technical Specifications

Quality	A natural product suitable for human health that can be used as food.
Store & Shelf Life	It must be stored under dry, clean, well-aerated, cool place and kept away from direct sunlight. Under these conditions and in its original package, the shelf life is 12 months as of the production date.
Packing	It is presented to the market in 500 gr and 1000 gr packages according to international standards and with suitable labels.
Specifications	<ul style="list-style-type: none"><li>» It does not contain any colouring, preservative, flavorant, any gelatines or sweeteners. It is 100% natural</li><li>» Well cleaned</li><li>» Well ground by natural stone mill (dry grinding method)</li><li>» Fit for vegan nutrition</li><li>» An excellent protein source</li><li>» Highly fibrous, digestive friendly</li><li>» Rich in B vitamins and supports the nervous system</li><li>» Rich in minerals such as magnesium, zinc, iron, selenium, calcium and potassium</li><li>» Regulates blood glucose</li><li>» Has a low glycaemic index</li><li>» Ideal for diabetics and those who want to lose weight</li><li>» It has its idiosyncratic natural colour</li><li>» Does not contain allergens such as gluten and lactose</li></ul>

## Nutritional Values for 100 gr

Energy (kcal)	388
Fa (g)	6
- Saturated Fat (g)	0,7
Carbohydrates (g)	65
- Sugar (g)	6,3
Fiber (g)	7
Protein (g)	13
Salt (g)	0,1



**Dr. Akyol**

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## Quinoa Flour Delicious Recipes

### Quinoa Floury Bread

#### Ingredients;

- » 200 g of Dr. Akyol Quinoa Flour (3/2 cups)
- » 60 g of soft butter
- » 40 g of flaxseed (3 table spoon)
- » 80 g of Dr. Akyol Chickpea Flour (4 table spoon)
- » 1 zucchini (approximately 240 g)
- » 4 eggs
- » 1 coffee spoon baking powder
- » 1/2 teaspoon baking soda
- » 1/2 coffee spoon salt

#### Method;

Preheat the oven to °C 180. Cover a rectangular cake pan with 11x25 cm baking paper. Grate the zucchini finely, then salt and leave it for 10 minutes. Put the eggs, butter in a bowl, and blend them with a mixer. Squeeze out the excess water from the zucchini and add the zucchini to the mixture. Add all other dry ingredients and beat with a mixer until you get a homogeneous consistency. Pour the dough into the prepared mold and bake for about 60 minutes on the middle shelf of the preheated oven.

**Dr. Akyol**