

DR.AKYOL RICE FLOUR

Health from Nature



Rice 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">» It does not contain any colouring, preservative, flavorant, any gelatines or sweeteners. It is 100% natural» Well cleaned and dried (by sieving method, not washing)» Well ground by natural stone mill (traditional method)» It has its idiosyncratic natural colour and flavour» Fit for vegan & vegetarian nutrition» An excellent protein source» Rich in minerals such as magnesium, potassium and calcium» Has a low glycaemic index» Does not contain allergens such as gluten and lactose» It is digestive friendly, and gives a feeling of satiety» It is an ideal food for babies during the introduction to supplementary food nutrition» A preferred product in baby food» Beneficial for skin care and good for skin health» If it is used as a skin mask, it nourishes the skin and gets it look beautiful by giving shine» Because it does not contain gluten, celiac patients can use it confidently and it is a useful substitute for white flour

Nutritional Values for 100 gr

Energy (kcal)	365
Fa (g)	1,4
- Saturated Fat (g)	0,4
Carbohydrates (g)	80
- Sugar (g)	0,1
Fiber (g)	2,4
Protein (g)	6
Salt (g)	0,1



Dr. Akyol

DR.AKYOL RICE FLOUR

Health from Nature



Rice Flour Delicious Recipes

Rice Floury Gluten Free Wet Cake

Ingredients;

- » 4 eggs
- » 1 cup of sugar
- » 1 cup of yoghurt
- » 1 cup of oil
- » 250 g of Dr. Akyol Rice Flour
- » 1 pack of baking powder
- » 1 pack of vanilla
- » 3 tablespoons full of cocoa powder
- » 1/2 cup of milk (to wet the cake)

Method;

Beat the eggs and sugar well in a bowl. Add yoghurt and oil and beat the mixture again. Add Dr. Akyol Rice Flour, baking powder, vanilla and cocoa powder and keep beating. Lay a baking paper over a springform pan and pour the cake batter on it. Bake the cake for about 35-40 minutes in the oven, which you have previously heated to °C 175. Alternatively, you can bake it more or less according to your oven setting. Pour half a glass of cold milk on the hot cake with a tablespoon. After the cake has cooled, cover it with cling film and let it rest in the refrigerator for 1 night. You can sprinkle some coconut over the cake on the next day and serve. Bon Appetit!

Rice Floury Muhallebi

Ingredients;

- » 3 1/2 table spoons of Dr. Akyol Rice Flour
- » 3 1/2 table spoons of sugar
- » 1 pack of vanilla
- » 1/2 liter of milk (2 1/2 cups)

Method;

Put all the ingredients in a saucepan and whisk them until boiling. Leave the mixture until it cools down. Put it into small bowls and serve. Bon Appetit!

Dr. Akyol