

DR.AKYOL

TEFF FLOUR

Health from Nature



Teff 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» Well ground by natural stone mill (dry grinding method)» Fit for vegan nutrition» An excellent protein source» Regulates blood glucose» Ideal for athletes» Highly fibrous, digestive friendly» A good source of essential amino acids» Rich in minerals such as magnesium, potassium, zinc, copper and iron» Rich in vitamin B groups» It has its idiosyncratic cream and brown colours» Exceptionally healthy for human body. It is the oldest cereal alternative to wheat» Does not contain allergens such as gluten and lactose

Nutritional Values for 100 gr

Energy (kcal)	332
Fa (g)	2,1
- Saturated Fat (g)	0,7
Carbohydrates (g)	65,4
- Sugar (g)	5,6
Fiber (g)	7,9
Protein (g)	13
Salt (g)	0,1



Dr. Akyol

DR.AKYOL TEFF FLOUR

Health from Nature



Teff Flour Delicious Recipes

Teff Floury Pancake

Ingredients;

- » 2 eggs
- » 2 table spoon honey
- » 1 pack of vanilla
- » 1/4 cup of oil
- » 3/2 cup of milk
- » 2 cup of Dr. Akyol Teff Flour
- » 2 table spoon cocoa powder
- » 3 table spoon chocolate drops
- » 1 pack of baking powder

Method;

Put honey and eggs into a bowl and beat with a mixer until it becomes a creamy consistency. Pour the oil, milk and vanilla into the mixture and beat it again. Finally add the cocoa powder, chocolate drops, Dr. Akyol Teff Flour and baking powder. Then mix it well. Mixture should have the consistency of cake batter. Put a little oil over the pan and heat it. Pour the batter in small circles over the pan with a scoop.

Cook pancakes on low heat until small pockets are formed on the surface. With the help of a spatula, turn the pancakes and cook the other side in the same way. Repeat the process until the batter is finished.

Dr. Akyol