



Hemp Moroccan Bulgar Wheat Pouch

INGREDIENTS

Stage	Ingredients	Weight per serving	%	Mix weight (grams)
1	Bulgar, Freekeh & Quinoa (JS blend)	288.73	36.09	500.00
1	Hulled hemp seed (hearts)	202.11	25.26	350.00
1	Vegetable oil	40.42	5.05	70.00
1	Salt (table)	5.77	0.72	10.00
1	Green olive (pitted, chopped 3-4mm)	147.25	18.41	255.00
1	Preserved lemon (chopped 3-4mm)	115.49	14.44	200.00
	TOTAL	800.00	100.00	1385.40

Suitable For

- Vegan diet
- Vegetarian diet
- Lactose intolerant
- Halal diet

Other Benefits

- From sustainable source
- Lactose free
- Dairy free
- Nut free
- Soya free

Potential Health Claims

- Protein
- Fibre
- PUFA's

Method

1. Blend all ingredients together.