



# Indian Buckwheat & Hulled Hemp Seed (Hearts)

## INGREDIENTS

Stage	Ingredients	Weight per serving	%	Mix weight (grams)
1	Buckwheat	37.38	31.15	500.00
1	Hulled hemp seed (hearts)	37.38	31.15	500.00
1	Cardamom (ground)	1.50	1.25	20.00
1	Curry leaves	0.15	0.12	2.00
1	Salt (table)	0.67	0.56	9.00
1	Black pepper (coarse ground)	0.30	0.25	4.00
1	Chick peas (drained)	37.38	31.15	500.00
1	Vegetable oil	5.23	4.36	70.00
	TOTAL	120.00	100.00	1605.00

### Suitable For

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

### Other Benefits

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

### Potential health claims

- Protein
- Fibre
- PUFA's

### Method

1. Blend all ingredients together.