

Moose for
breakfast?



Crispbread baked on
ancient grains

**spelt and
emmer**



We bake on organic and locally produced ingredients



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The flour we use is KRAV certified (organic standards association) and comes from the Wästgöta association, a number of farmers in Västergötland who grow ancient grains such as spelt, emmer, Öland farm wheat, etc. organically.



The old types of grain is a heritage that is important to nurture the future

Spelt has been grown since 8000 years back, and a higher content of essential amino acids than modern wheat. It also contains antioxidants that strengthen the immune system, and thiocyanate, which is an endogenous antibiotic.

Spelt has a lower GI than wheat and helps keep blood sugar levels on a more equal level.



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life Falköping
www.falkoping.se/cittaslow

www.swedishcrispbread.com