
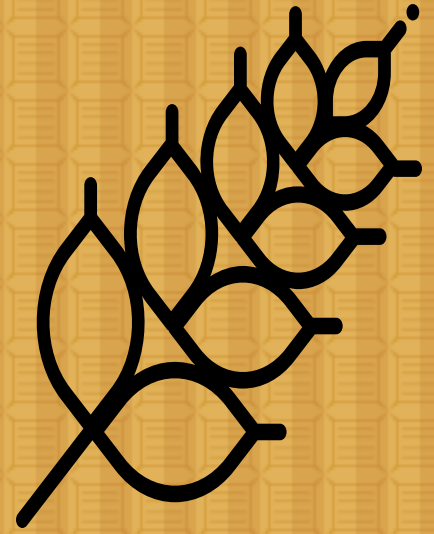


WHY USE BUCKWHEAT FLOUR?



What is Buckwheat flour?

- Buckwheat is a gluten-free whole grain flour compared to all purpose flour which is a refined grain
- high in protein and fiber
- nutrient dense flour with a slightly nutty flavor



How to use it

- For best outcome substitute half of needed flour with buckwheat flour when baking
- Can be used to make: biscuits, pizza crust, muffins, pancakes, breads, and additional baked goods

3 key health benefits to using buckwheat flour

- May **improve heart health** by lowering blood pressure and cholesterol
- Helps with **diabetes management** by keeping blood sugar stabilized for longer
- **Increases digestion mobility** due to high levels of niacin and fiber while **contributing to weight management** by keeping you full