



knäck&bräck

ÖSTRATUNHEM

# MOOSE FOR BREAKFAST?

ECOLOGICAL CRISPbread  
BAKED WITH ANCIENT CEREALS



*We bake on organic and locally  
produced ingredients*

The flour we use comes from  
Wästgötarna, a number of producers  
in Västergötland who grow old  
cereals such as emmer, dinkel/spelt,  
old fashioned rye etc – all organically.

*The old cereals are a cultural heritage that  
is important to nurture into the future*

Spelled has been cultivated for 8,000 years, and has a higher content of  
essential amino acids than today's modern wheat. It also contains anti-  
oxidants that strengthen the body's immune system and thiocyanate, which  
is a body-specific antibiotic. Spelt has a lower GI than regular wheat and  
helps you keep your blood sugar level at a more even level. Emmer is a  
precursor to spelled wheat and has been grown for 12,000 years!

*Our crispbread is not only good.  
It is also organic!*

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