Why use 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. It is a nutrient dense flour with a slightly nutty flavor.

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.

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

- 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.

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.