

It is recommended that you eat flat bread rather than the one made with yeast. It is usually prepared on the stove – baked, fried or deep-fried. Flat bread is healthier, since yeast and other rising agents, as well as preservatives cause imbalances that can interfere with your metabolism. In addition to whole grain flour, flat bread often contains rice flour.

{definitionbot=enable}

Chappati

(Whole wheat flour*, (sunflower oil), ghee* (optionally may be omitted), salt*)

2 bucăți

/160g

{simplecaddy code=B_chappati}

Corn Bread

(Cornmeal, rice flour, egg*, ghee*, maple syrup*, milk, sare*)

V- P- 0K

3 bucăți

/130g

{simplecaddy code=B_paine_malai}

Sage Onion Bread

(Oat bran, cornmeal, milk, egg*, ghee*, sunflower seeds, onion, sage, salt*)

V P K-

3 bucăți

100g

{simplecaddy code=B_painesalvie}



Whole Grain Buns

(Whole grain flour*, yeast, salt, sesame/oat bran/poppy seeds)

1 bucată

/80g

{simplecaddy code=B_chifleintgr}

* - Bio / Organic Ingredient