



NATURE'S SUPERFOOD

LOW GI

SOURCE OF IRON

GOOD SOURCE OF DIETARY FIBRE

5 STAR HEALTH RATING



GREENWHEAT FREEKEH

Our award winning Greenwheat Freekeh is 100% natural and harvested while the grains are young, soft & green.

Considered one of nature's superfoods, freekeh can be used in salads, soups, risottos and much more.

Available in 400g, 2kg & a new 1kg pre-cooked freekeh.



To order, contact your Bidfood representative

www.edlyn.com.au/greenwheat-freekeh



NATURE'S SUPERFOOD

BIDFOOD CODE	PRODUCT DESCRIPTION	UNIT SIZE	SHELF LIFE
205870	Wholegrain Freekeh	400 g	3 years
205871	Wholegrain Freekeh	20 Kg	3 years
210904	Wholegrain Freekeh	2 Kg	3 years
205873	Cracked Grain Freekeh	400 g	3 years
205872	Cracked Grain Freekeh	20 Kg	3 years
210903	Cracked Grain Freekeh	2 Kg	3 years
210902	Cooked Wholegrain Freekeh	1 Kg	1 year

IDEAL IN SOUPS & RISOTTOS

A healthy alternative to rice, Greenwheat Freekeh is perfect for use in soups, stews, traditional rice dishes and risottos.



NUTRITIOUS SALADS

High in protein and low in GI, Greenwheat Freekeh makes the most nutritious salads. Perfect for your vegan and vegetarian menu.



VERSATILE & EASY TO USE

Milled Greenwheat Freekeh can be used for baking your favourite treats or use the whole grain to create delicious breakfasts.



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