

Product Summary

Einkorn is the original “staff-of-life” grain, known as the oldest variety of wheat, which dates back to the beginning of time. Einkorn’s natural genetic code and low gluten levels make it a superior choice because of the compatibility with the human body when compared to the modern hybrid wheat of today.

Einkorn grain is easier to digest, so nutrients are better absorbed.

Today Young Living is helping to bring einkorn back to its rightful prominence in the world.

Primary Benefits

Nutrients are more abundant in einkorn grain than in modern wheat.

Einkorn offers:

- Higher protein, phosphorus, potassium, and vitamin B6
- Two times more vitamin A
- Four times more beta-carotene and lutein
- Five times more riboflavin

Highly nutritious, unhybridized, and low in gluten, Einkorn Flour is a must-have for your pantry.

Who Should Use This Product?

- Individuals interested in an alternative to modern wheat

Suggested Use

Einkorn Flour is easy to use and can be substituted in a 1:1 ratio with all-purpose or whole-wheat flours. However, Einkorn Flour does take some getting used to. Use the following guidelines for the best results in your standard recipes.



- In standard muffin, pancake, cake, or cookie recipes, you may want to reduce liquid by as much as 20 percent.
- In standard cake recipes, try adding an extra egg white to the batter to keep the final product light and fluffy. Also, beat the batter less and at a lower speed.

Bread baking also requires special considerations:

- Resist the temptation to add too much Einkorn Flour to bread dough. Einkorn Flour absorbs liquid more slowly than standard flour, and the dough is often wetter and stickier.
- Avoid over-kneading the dough. Breads made with Einkorn Flour require less kneading than other breads.
- When the dough is rising, make sure it springs back when you press on it with your finger. If the dough rises too much, it will deflate in the oven, resulting in a dense, hard crust.

Cautions

- Contains einkorn wheat
- Manufactured in a facility that also processes tree nuts, peanuts, soy, and egg

Complementary Products

- Yacon Syrup
- Blue Agave
- Gary's True Grit Ningxia Berry Syrup

Nutrition Facts

Serving Size: 1/4 cup (30g)

Servings per Container: 30

Amount per serving

Calories 110 Calories from Fat 10

%Daily Values*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 23g **8%**

Dietary Fiber 2g **8%**

Sugars 0g

Protein 3g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 6%

*Percent Daily Values are based on a 2,000-calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Whole Grain Einkorn Flour
(Triticum monococcum)

Did You Know?

- Einkorn is the original bible grain.
- Einkorn is a hulled wheat, whereas modern wheats are not. The hull can protect the grain from stray chemical contamination and insects.
- Einkorn has 14 chromosomes, while modern wheat has 42. This makes einkorn easier to digest.