

Organic Milling - Stoneground Flour...

The growing demand for health foods containing dietary fibres has led to a renewed interest in traditional stone grinding of cereals.

The flour produced on stone mills contains all the natural vitamins, minerals and ballast substances and can be used for baking without further processing.

Furthermore, the stone ground flour has a larger surface increasing the ability to absorb liquid, giving an airy and elastic dough easy to work with.

By using daily ground flour the natural contents of nutrients and flavour also stand out giving the bread better aroma as well as flavour.