FLOUR COMPARISON CHART

FLOUR	PROCESSING		TASTE			TEXTURE			NUTRITION					USE		
	Stone Milled	Roller Milled	Mild	Nutty	Earthy	Fine	Light	Course	High Fibre	High Protein	High in Vitamins/ Micro- nutrients	Whole- Grain	Gluten Free	Baking	Savoury	
Organic Light Sift Wheat Flour 5KG				· ·					3.4					a the second		
Organic Premium Bakers White Flour (roller milled) 5KG or 12.5KG																
Organic Unbleached White Bakers Flour 5KG				125	1								1.		-	
Organic Unbleached White Cake Flour 5KG								N.								
Organic Unbleached White Spelt Flour 5KG							ALC: N									
Organic Whole Rye Flour 5KG																
Organic Wholemeal Cake Flour 5KG															12	
Organic Wholemeal Spelt Flour 5KG									1							
Organic Wholewheat Bakers Flour 5KG		and the second s														
Organic Unbleached White All-Purpose Flour 2KG								4								
Sustainable White Bakers Flour 5KG					10						1.5					
Sustainable White Heritage Flour 5KG																
Sustainable Wholewheat Bakers Flour 5KG							61.5									
Sustainable Wholewheat Heritage Flour 5KG						14										
Sustainable White Emmer Flour 5KG														121-		

LOGO/ ES/PERFECT FOR CERTIFICATION All Thickener/ purpose/ Bread additive Everyday Australian Certified Organic Australian Certified Organic