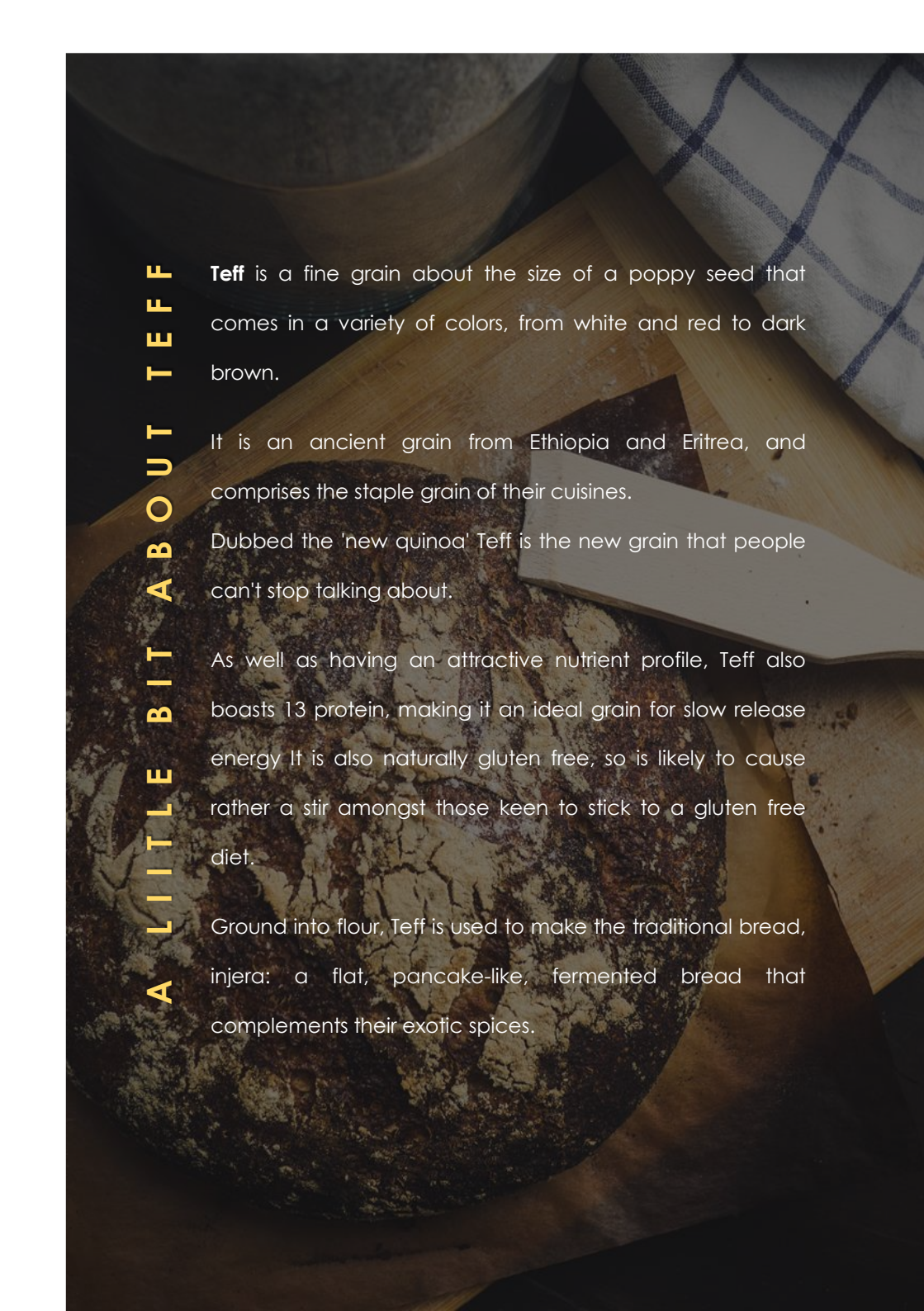




HEMWAY
THE REAL TEFF FLOUR

PRODUCTS CATALOGUE 2020



A large, dark, round loaf of injera bread sits on a wooden cutting board. A white knife is positioned to the right of the loaf. The background is dark and slightly blurred, showing a plaid cloth and a wooden bowl.

A LITTLE BIT ABOUT TEFF

Teff is a fine grain about the size of a poppy seed that comes in a variety of colors, from white and red to dark brown.

It is an ancient grain from Ethiopia and Eritrea, and comprises the staple grain of their cuisines.

Dubbed the 'new quinoa' Teff is the new grain that people can't stop talking about.

As well as having an attractive nutrient profile, Teff also boasts 13 protein, making it an ideal grain for slow release energy. It is also naturally gluten free, so is likely to cause rather a stir amongst those keen to stick to a gluten free diet.

Ground into flour, Teff is used to make the traditional bread, injera: a flat, pancake-like, fermented bread that complements their exotic spices.

H E M W A Y T E F F





HEMWAY

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Teff is high in resistant starch, a newly-discovered type of dietary fiber that can benefit blood sugar management, weight control, and colon health. It's estimated that 20-40% of the carbohydrates in Teff are resistant starches.



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BROWN



NET WEIGHT

PACKAGE TYPE

SHELF LIFE

454g / 16oz

Pouch

18 Months

GMO FREE

VEGAN

NO ADDITIVES

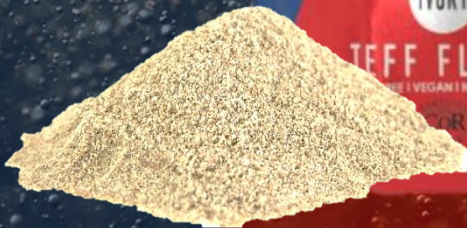
PLANT-BASED PROTEIN



HEMWAY
THE REAL TEFF FLOUR



IVORY



NET WEIGHT

PACKAGE TYPE

SHELF LIFE

454g / 16oz

Pouch

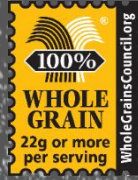
18 Months

GMO FREE

VEGAN

NO ADDITIVES

PLANT-BASED PROTEIN



HEMWAY
THE REAL TEFF FLOUR



BIG BAG

NET WEIGHT

PACKAGE TYPE

SHELF LIFE

11.34 Kg / 25oz

Bag

18 Months

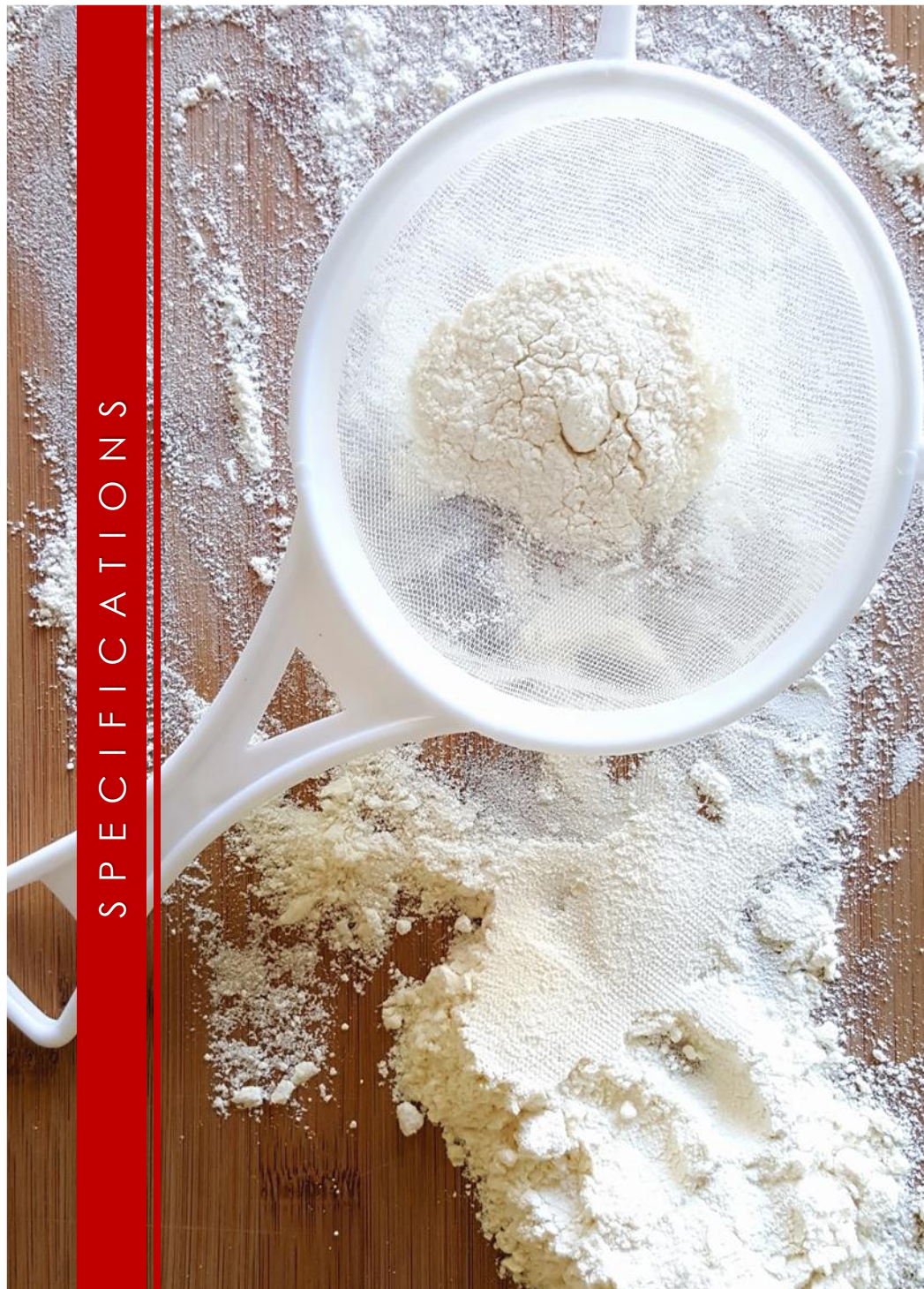
GMO FREE

VEGAN

NO ADDITIVES

PLANT-BASED PROTEIN

SPECIFICATIONS



GET THE DETAILS - SPECIFICATIONS

- Brown & Ivory Hemway Teff Flour -

Nutrition Facts

about 250 servings per container

Serving size ¼ cup (47g)

Amount per serving

Calories 180

% Daily Value*

Total Fat 1g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 38g 13%

Dietary Fiber 5g 20%

Total Sugars <1g

Includes 0g Added Sugars 0%

Protein 5g 10%

Vitamin D 0mcg 0%

Calcium 60mg 6%

Iron 4mg 22%

Potassium 200mg 6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

	(Mg/100g)	%DV
Iron	7.63	42%
Magnesium	184	46%
Calcium	180	18%
Phosphorus	429	43%
Zinc	3.63	24%
Copper	81	40%
Potassium	427	12%
Manganese	9.24	>400%

* Source: USDA National Nutrient Database – release 27

- Good source of protein
- Contains 9 essential amino acids
- Contains essential minerals:
- Naturally gluten free
- A whole grain

See the Whole Grains Council [website](#) for information about the health benefits of eating whole grains.

- Non GMO



APPLICATIONS





TEFF FLOUR IS WIDELY KNOWN FOR ITS VERSATILITY, ESPECIALLY IN BAKED GOODS.

A general rule of thumb when working with teff flour is to substitute $\frac{1}{4}$ of the flour called for in any baking recipe (gluten-free or not) with teff. It will not only add a significant amount of nutritional value, but make a light, tender, and flavorful contribution to anything from breads and cakes to cookies and waffles.



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