

Seitenbacher®

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**Seitenbacher
 Ballastoo's® - German Spelt Cereal
 with Apple Juice and Cinnamon**

Seitenbacher Ballastoo's is a delicious cereal made from spelt. Spelt (Tritium Spelta) a time forgotten grain has re-emerged as an exciting healthy new product in the natural food market. Seitenbacher fosters the old German tradition of spelt cultivation without genetically modified organisms. Here in Germany we call spelt: Dinkel, Baulaender Spelz and Schwabenkorn. Eat with milk, yogurt or plain as a snack. It's very healthy and good for your digestion. 1/2 cup (40g) Ballastoo's (100 calories) + 1 cup skim milk (86 calories) is only 186 calories total. It's perfect for your slimming plan.

Allergy Information: While some gluten-sensitive people have been able to include spelt-based foods in their diets, spelt is not considered a wheat-free grain. No oil added.

Storage:
 Robust packaging, suitable for regular store shelves. At home refrigerate after opening. Close with a clip.

Benefits:
 - Vegan, Sweetened With Apple Juice
 - Low Fat, Cholesterol Free
 - No Artificial Colors And Flavors
 - A Good Source Of Fiber
 - Whole Grain Product

Ingredients:
 Whole Grain Spelt,
 Dried Apple,
 Apple Juice,
 Ceylon Cinnamon

Nutrition Facts
 Serving Size 1/2 Cup (40g)
 Calories 130 (From Fat 9)
 Total Fat 1g (2%)
 Saturated Fat 0g (0%)
 Trans Fat 0g
 Cholesterol 0mg (0%)
 Sodium 21mg (1%)
 Total Carb. 25g (8%)
 Dietary Fiber 6g (24%)
 Sugars 4g
 Protein 5g

| UPC | Item No. | Item Description | Size | Case Pack | Measure Unit | Unit Cost | SRP |
|-----------------|----------|------------------|--------------|-----------|--|-----------|-----|
| 0-39545-92126-6 | 724 | Ballastoo's | 16 OZ 1LB | 6 | H: 16.3 in W: 18.7 in D: 25.2 in | | |