

# Seitenbacher®

## Natural Food Manufacturer

### Seitenbacher Ballastoos® - German Spelt Cereal with Apple Juice & Cinnamon

Seitenbacher Ballastoos is a delicious cereal made from spelt. Spelt (Tritium Spelta) a time forgotten grain has reemerged as an exciting healthy new product in the Natural Food Market. Seitenbacher fosters the old German tradition of spelt cultivation without genetically modified organismus. 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) Ballastoos (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 refridgerate after opening. Close with a clip.

#### Nutrition Facts

(Serving Size 1/2 bag 40g)  
Calories 130 (From Fat: 9)  
Total Fat 1g (2%)  
Saturated Fat 0g (1%)  
Cholesterol 0mg (0%)  
Sodium 21mg (1%)  
Total Carb 26g (9%)  
Dietary Fiber 6g (24%)  
Sugar 4g  
Protein 5g  
Iron 24%  
Calcium 4%

#### Benefits:

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

#### Ingredients:

Whole Grain Spelt,  
Apple, Cinnamon.

UPC Unit	Item No.	Item De-script.	Size	Case	Measure Unit	Measure Case	UPC Case
0-39545-92126-6	724	Ballastoos	16 OZ 1LB	6	H: 16 1/3 in W: 18 3/4 in D: 25 1/4 in	H: 8 5/8 in W: 5 1/8 in D: 11 3/8 in	0-39545-70724-2

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