

Soligrano®



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Vege Spelt Burger with paprika and linseed. 140 g

Preparation:

Pour the contents of the bag into a bowl, pour 280 ml of hot water, mix. Wait 15 min. Form burgers and fry in hot oil.

Nutritional declaration:

- source of proteins
- rich in dietary fibre
- no added sugar, contains natural sugars



Vege Millet Burger with beetroot and red lentils Gluten-free 120 g

Recommended preparation:

Pour the contents of the bag into a bowl, pour 250 ml of hot water, mix. Wait 15 min. Form burgers and fry in hot oil.

Nutritional declaration:

- source of proteins
- rich in dietary fibre
- no added sugar, contains natural sugars



Vege Spelt Burger with spinach and chickpeas. 140 g

Preparation:

Pour the contents of the bag into a bowl, pour 280 ml of hot water, mix. Wait 15 min. Form burgers and fry in hot oil.

Nutritional declaration:

- source of proteins
- rich in dietary fibre
- no added sugar, contains natural sugars



Vege Burger Indian with spelt, amaranth and red lentils
140 g

Preparation:
Pour the contents of the bag into a bowl, pour 230 ml of hot water, mix. Wait 15 min. Form burgers and fry in hot oil.

- Nutritional declaration:**
- source of proteins
 - rich in dietary fibre
 - no added sugar, contains natural sugars



Vege Burger Mexican with spelt, quinoa and red lentils
140 g

Preparation:
Pour the contents of the bag into a bowl, pour 230 ml of hot water, mix. Wait 15 min. Form burgers and fry in hot oil.

- Nutritional declaration:**
- source of proteins
 - rich in dietary fibre



Vege Burger Mediterranean with spelt, tomato and chickpeas
140 g

Preparation:
Pour the contents of the bag into a bowl, pour 230 ml of hot water, mix. Wait 15 min. Form burgers and fry in hot oil.

- Nutritional declaration:**
- source of proteins
 - rich in dietary fibre
 - no added sugar, contains natural sugars



Falafel with chickpeas and spelt
140 g

Preparation:
Pour the contents of the bag into a bowl, pour 230 ml of hot water, mix. Wait 15 min. Form burgers and fry in hot oil.

- Nutritional declaration:**
- source of proteins
 - rich in dietary fibre
 - no added sugar, contains natural sugars

Pancakes

VEGAN PRODUCTS | MIXES FOR PREPARING PANCAKES | Soligrano®



Oat pancakes with plum and cocoa
100 g

Preparation:
Pour the contents of the bag into a bowl, pour 200 ml of cold milk, mix. Wait 15 min. Form pancakes and fry in hot oil.

- Nutritional declaration:**
- rich in dietary fibre
 - contains cholesterol-lowering beta-glucans



Millet pancakes with apple and cinnamon - Gluten free
81 g

Preparation:
Pour the contents of the bag into a bowl, pour 200 ml of cold milk, mix. Wait 15 min. Form pancakes and fry in hot oil.

- Nutritional declaration:**
- low fat
 - source of dietary fibre



Start the day with our Full Grain Muesli. A good day begins with breakfast, with the energetic portion of joy and sun coming from a golden grain. The power of our grains come from their natural richness. Thanks to modern and innovative technology, our grains are only treated with steam, temperature and pressure. We process, but we do not change their natural properties. We carefully select the highest quality ingredients, we compose them in such a way that the taste is rich and natural.



cinnamon - honey - apple
180 g / 230 g

Puffed rye in glaze with honey and cinnamon, puffed millet in glaze with honey, roasted corn flakes, dried apples.

Nutritional declaration:

- ⦿ high fiber content
- ⦿ low fat content
- ⦿ without glucose-fructose syrup
- ⦿ without GMO
- ⦿ without preservatives



elderberry - black currant BIO
170 g / 200 g

Puffed spelt in glaze with honey BIO, puffed spelt in glaze with honey and elderberry concentrate BIO, roasted spelt flakes BIO, puffed millet in glaze with honey and blackcurrant concentrate BIO.

Nutritional declaration:

- ⦿ high fiber content
- ⦿ low fat content
- ⦿ high phosphorus content
- ⦿ source of magnesium
- ⦿ without glucose-fructose syrup
- ⦿ without preservatives



choco - orange
170 g / 200 g

Puffed durum wheat in glaze with honey and cocoa with a chocolate flavor, puffed millet in glaze with honey and strawberry concentrate, puffed corn grits in glaze with honey and orange concentrate.

Nutritional declaration:

- ⦿ source of fiber
- ⦿ low fat content
- ⦿ source of phosphorus
- ⦿ without glucose-fructose syrup
- ⦿ without GMO
- ⦿ without preservatives

Hungry Birds

Meet the Puffin, a charming hero of breakfast products for children. Puffin mainly inhabits islands and coasts of northern and central Atlantic, sometimes you can also meet him over the Polish sea, during winter wandering. The Soligrano Puffin is inquisitive and cheerful bird that adorns the packaging of our seeds in sweet coatings.

- ⦿ without glucose-fructose syrup
- ⦿ without preservatives
- ⦿ without dyes



SPELT with honey BIO
450 g / 210 g



WHEAT chocolate-flavored
500 g / 230 g



OAT with honey
650 g / 230 g



WHEAT with honey
500 g / 230 g



CORN with honey
330 g / 140 g



RICE with honey
500 g / 230 g





**Millet-strawberry shake
fit**
26 g



* | Fill up with cold milk, close and shake well.

Ingredients:

Natural millet thickener (49,6%), cane sugar, freeze-dried strawberry (23,1%), aroma.

Nutritional declaration:

- high-fibre content
- low fat



**Millet-apple shake with
barley sprouts BIO detox**
26 g

* | Fill up with cold milk, close and shake well.

Ingredients:

Natural millet thickener* (53,8%), freeze-dried apple* (23,1%), cane sugar*, **barley** sprouts* (3,5%), natural aroma*.
*organic ingredients

Nutritional declaration:

- source of fibre
- low fat



**Millet-banana shake
protein**
37 g



* | Fill up with cold milk, close and shake well.

Ingredients:

Natural millet thickener (45,5%), whey protein isolate (from **milk**), cane sugar, dried banana puree (banana puree, potato maltodextrin and / or corn maltodextrin) (16,2%), aroma.

Nutritional declaration:

- high protein content
- low fat





BIO MIX millet groats with vegetables 120 g



Ingredients: BIO millet groats (60%), BIO dried vegetables in variable proportion (green pea, red papper, garlic, tomato) (40%)

Nutritional declaration:

- rich in dietary fibre
- source of proteins
- no added sugar, contains natural sugars
- low fat
- reduced salt content



BIO MIX buckwheat groats with vegetables 190 g



Ingredients: BIO buckwheat groats (75%), BIO dried vegetables in variable proportion (garlic, beetroot, parsley) (25%)

Nutritional declaration:

- rich in dietary fibre
- source of proteins
- low fat

Hulled barley groats BIO 800 g

- Nutritional declaration:**
- rich in dietary fibre
 - low fat



Millet groats BIO 800 g

- Nutritional declaration:**
- rich in dietary fibre



Raw buckwheat groats BIO 800 g

- Nutritional declaration:**
- source of dietary fibre



Spelt groats BIO 400 g

- Nutritional declaration:**
- rich in dietary fibre
 - rich in proteins
 - low fat



Hulled spelt groats BIO 500 g

- Nutritional declaration:**
- rich in dietary fibre
 - rich in proteins
 - low fat



Barley groats BIO 400 g

- Nutritional declaration:**
- rich in dietary fibre
 - low fat



Millet groats BIO 500 g

- Nutritional declaration:**
- rich in dietary fibre



Raw buckwheat groats BIO 500 g

- Nutritional declaration:**
- rich in dietary fibre



Hulled barley BIO Collecting box





ECOLOGICAL PRODUCTS

Soligrano BIO products from certified organic crops, pesticides or any artificial additives. They are an excellent addition to the nutritious, tasty food and appetizing inspirations.



Puffed AMARANTH BIO
130 g



- Recommended serving and application:
- addition to yogurts
 - supplement to muesli
 - perfect as a snack or as an addition to salads
- Nutritional declaration:
- rich in dietary fibre
 - rich in phosphorus
 - rich in magnesium
 - source of iron
 - source of calcium
 - reduced salt content
 - no added sugar, contains natural sugars



Puffed BUCKWHEAT BIO
60 g



- Recommended serving and application:
- addition to meat breading – puffed - buckwheat does not burn black
 - ingredient of savoury dishes, e.g. pâté
- Nutritional declaration:
- source of magnesium
 - low fat
 - no added sugar, contains natural sugars



Puffed MILLET BIO
100 g



- Recommended serving and application:
- cake sprinkle
 - soup sprinkle
 - bread sprinkle
 - addition to yogurts
 - cake batter ingredient
 - addition to salads
- Nutritional declaration:
- source of phosphorus
 - source of proteins
 - no added sugar, contains natural sugars



Puffed SPELT BIO
80 g

- Recommended serving and application:
- addition to cakes
 - addition to yogurts
 - soup sprinkle
 - supplement to muesli
 - as a snack
 - addition to salads
- Nutritional declaration:
- rich in dietary fibre
 - rich in phosphorus
 - rich in magnesium
 - source of proteins
 - low fat
 - reduced salt content
 - no added sugar, contains natural sugars



Puffed OATS BIO
220 g

- Recommended serving and application:
- addition to yogurts
 - supplement to muesli
- Nutritional declaration:
- rich in dietary fibre
 - rich in phosphorus
 - rich in magnesium
 - source of iron
 - source of zinc
 - helps maintain proper cholesterol levels in blood
 - no added sugar, contains natural sugars



Puffed QUINOA BIO
120 g



- Recommended serving and application:
- addition to yogurts
 - supplement to muesli
 - addition to salads
- Nutritional declaration:
- rich in dietary fibre
 - source of iron
 - rich in phosphorus
 - reduced salt content
 - no added sugar, contains natural sugars



Puffed SPELT BIO with blueberries
80 g

- Recommended serving and application:
- addition to yogurts
 - supplement to muesli
- Nutritional declaration:
- rich in dietary fibre
 - rich in phosphorus
 - source of magnesium
 - source of proteins
 - no added sugar, contains natural sugars



Puffed OATS BIO with blackcurrant
150 g

- Recommended serving and application:
- addition to yogurts
 - supplement to muesli
- Nutritional declaration:
- rich in dietary fibre
 - rich in phosphorus
 - source of magnesium
 - source of zinc and iron
 - helps maintain proper cholesterol levels in blood
 - no added sugar, contains natural sugars



MILLET BIO with honey and blackcurrant juice concentrate with BLACKCURRANT
110 g



- Recommended serving and application:
- addition to yogurts
 - supplement to muesli
- Nutritional declaration:
- rich in dietary fibre
 - source of phosphorus

