



Greenwheat Freekeh Product Catalogue

AUSTRALIAN MADE & OWNED



SERVING SUGGESTION



Greenwheat Freekeh

Greenwheat Freekeh was established in 1996 as Australia's first producer of Freekeh. Our award winning freekeh is produced in South Australia.

Freekeh is 100% natural grains processed from wheat, which is harvested while the grains are still soft, young and green.

The grains are parched, roasted and dried and result in a product that is high in fibre and protein and also rich in prebiotic properties.

Freekeh is also low GI, has no additives or preservatives and is free from GMO.

Considered one of nature's superfoods, Freekeh is a healthier alternative to rice and can be used in soups, salads and risottos.

- ✓ Australian Made and Owned
- ✓ Low GI
- ✓ 100% Natural Grain
- ✓ Source of Iron
- ✓ Good Source Of Dietary Fibre



Nature's Superfood

100% Natural

Made from 100% natural Australian grains with no GMO's



A Healthy Alternative

Low GI, Greenwheat Freekeh is a healthier substitute for rice and other grains.



Versatile

Perfect for use in soups, stews, salads and risotto



SERVING SUGGESTION

Cracked Grain & Wholegrain Freekeh

Made from 100% natural Australian grains, Greenwheat Freekeh is a healthy alternative to rice and perfect in soups, stews, salads and risotto.

- ✓ Australian Made and Owned
- ✓ Low GI
- ✓ Source of Iron
- ✓ Good Source Of Dietary Fibre
- ✓ 5 Star Health Rating



Wholegrain Freekeh

A versatile superfood packed with nutritional and health benefits
Low GI and high in fibre.



Cracked Grain Freekeh

Our traditional wholegrain Freekeh, cracked to offer a quicker cooking time and crunchier texture.



Cooked Wholegrain Freekeh

Our traditional wholegrain Freekeh cooked and ready to use in less than 5 minutes.



Bulk Freekeh Varieties

Wholegrain and Cracked Grain Freekeh varieties are also available in bulk 20Kg bags.

PRODUCT CODE	DESCRIPTION	SIZE	5 STAR HEALTH RATING	VEGAN SUITABLE	STORAGE	SHELF LIFE	SERVINGS PER UNIT
GREENWHEAT FREEKEH							
I02677	Wholegrain Freekeh	10 x 400g	✓	✓	Dry	36 months	9 x 44g (400gm)
I02707	Wholegrain Freekeh	6 x 2kg	✓	✓	Dry	36 months	45 x 44g (2kg)
I02676	Wholegrain Freekeh	20Kg	✓	✓	Dry	36 months	454 x 44g (20Kg)
I02709	Cooked Wholegrain Freekeh	10 x 1kg	✓	✓	Dry	12 months	10 x 100g (1kg)
I02678	Cracked Grain Freekeh	10 x 400g	✓	✓	Dry	36 months	9 x 44g (400gm)
I02708	Cracked Grain Freekeh	6 x 2kg	✓	✓	Dry	36 months	45 x 44g (2kg)
I02675	Cracked Grain Freekeh	20Kg	✓	✓	Dry	36 months	454 x 44g (20Kg)



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