

The power of flour

When wheat is milled into flour,
amazing food can be created!



Made from flour



Pastries and crumpets.



Food high in fat, salt and sugar such as cakes, muffins and biscuits.



White, brown and wholemeal bread.



Roux sauces, such as bechamel used in lasagne.



White and wholewheat varieties of pasta.

Flour can create some great, colourful meals!

