



The ancient wheat for modern life

With its soft and nutty flavour, KAMUT® brand khorasan wheat, always organically grown and never genetically modified is appreciated for its high nutritional values and its light digestibility.

Trademark and guaranteed quality.

The name of the wheat is Khorasan. Kamut Enterprises of Europe uses the KAMUT® trademark to guarantee 7 quality criteria to consumers and to protect the original characteristics of the ancient khorasan wheat. The word kamut means wheat in ancient Egyptian and is not the name of a grain.

Nutritional value and energy.

KAMUT® khorasan wheat provides more energy than modern wheat and contains more proteins, lipids, essential amino acids, vitamin E and minerals such as zinc, magnesium and above all, selenium, a trace element that is known for its strong antioxidant properties.

Digestibility and research.

KAMUT® khorasan wheat has never been genetically manipulated and contains a less complex gluten which is easier to digest. It is an excellent alternative for modern wheat.

A study indicated that many people with non coeliac modern wheat sensitivity had no or little problem eating KAMUT® khorasan products.

Later studies demonstrated that a diet based on KAMUT® khorasan wheat compared to modern wheat resulted in a higher antioxidant capacity and decreased inflammatory activity.

Additionally, a reduction of cardiovascular risk markers like blood glucose and cholesterol were observed.

A study published in February 2014 in the British Journal of Nutrition showed a link between a diet with KAMUT® khorasan and a significant decrease of the Irritable Bowel Syndrome symptoms. Complete research results can be found on www.kamut.com

Taste the difference.

Thanks to its unique flavour and ease of digestibility, KAMUT® khorasan wheat is the ideal grain for many different dishes from a quick snack to a complete meal. Also the softer taste of this grain eliminates the need for extra sugar added to many products.

Besides flour, which is the basic ingredient for bread, pancakes, biscuits, cookies and cake, this cereal is also ideal for snacks, breakfast cereals and muesli, pasta, boulgour, couscous, pizza, vegetable drinks, beer, wheatgrass juice, etc. Recipes are available on www.kamut.com



Origin. An ancestor of modern wheat, khorasan wheat originated in Mesopotamia, which is situated within the Fertile Crescent, an area in the Middle East stretching from Egypt to the Tigris and Euphrates valleys.

Where to buy. KAMUT® khorasan products are available in most organic shops and bakeries in Europe.

KAMUT®
BRAND KHORASAN WHEAT

