

TEFF

SPECIFICATION

- Product Name - Teff
- Origin - Ethiopia
- Family - Poaceae
- Binomial name - Eragrostis tef



INGREDIENTS

- Nutrients - Calories 366, Carbs - 70.7g, Fiber - 12.2g
- Minerals - Copper, Magnesium, Potassium, Phosphorous, Manganese, Zinc, Selenium
- Protein - 12.2g
- Fats - 3.7g

USES & BENEFITS

- Teff is popular across the world as it is gluten-free. Thus it can be ground and used as whole grain and gluten-free flour.
- In Ethiopia, teff flour is fermented with yeast and is then used to make a traditional sourdough flatbread known as 'injera'.
- Teff flour is also used for baking bread or manufacturing packaged foods like pasta. It is a good gluten-free alternative even for such products.

