

## incombo - Bread with body & soul

Everything, which tastes good: Incombo is pure bread delight! Selected ingredients with exceptional nutritive qualities make this bread a treasure of modern baking culture. Spelt, quinoa, chia and amaranth, linseed and soy meal and no less than three sources of protein from sunflower seeds, pumpkin seeds and wheat protein – Incombo brings new life to the power of ancient crops and offers you a piece of vitality every day. Low carbohydrate, but rich in protein and with a high fibre content, it meets modern demands and is a valuable contribution to a balanced and conscious diet. Richly aromatic, enriched with many delicious seeds and a hearty, crispy crust – a bread to be savoured.

Incombo: good to start the day, good throughout the day!

**CHIA** – As a staple food and a remedy, this pseudo-cereal played an important role for the ancient Mayas as far back as 5,000 years ago. American natives also valued this relative of sage as a filling ingredient, and, today, the incredible properties of this forgotten plant are being discovered again.

**QUINOA** – Quinoa is a species of the chenopodium genus from the family of the amaranthaceae. It has already been cultivated in the Andes for around 5,000 years. It is considered as one of the best sources of protein in the world and was chosen as “plant of the year” in 2013.

**GRAPE SEED FLOUR** – Grape seed flour keeps its precious content even at high temperatures. That’s what is special about it. Therefore, it is exceptionally well-suited to baking and gives all baked goods and meals a hearty and nutty taste.

**AMARANTH** – Amaranth is one of the oldest cultivated plants in the world. The seeds and leaves of this so-called pseudo-cereal were already used by the Incas and Aztecs as a staple food 3,000 years ago. Its name means something like “not withering” or “immortal”.

**SPELT** – For Hildegard von Bingen, one of the most important polymaths and healers of the Middle Ages, spelt represented one of main bases of her dietetics. This established, ancient grain has enjoyed a great reputation amongst lovers of unprocessed foods for a long time.

## SUNFLOWER SEED PROTEIN

– Considered as divine by the Incas, sunflower seeds are literally in everybody’s mouth. Natural sunflower protein is a 100% pure vegetable product. The fine powder with its excellent nutritional values is obtained from the peeled seeds through delicate processing. With its nutty taste, sunflower protein is an enrichment for every backing mix and serves as a delicious supplement to cereals.

**LINSEED** – The plant, also known as flax, is one of the oldest cultivated plants in the world. Its Latin designation “Linum usitatissimum” translates as “extremely useful flax”. The seeds have a brown or yellow shell depending on their type. The extracted linseed oil was already used in Ancient Greece as a remedy against several symptoms.

## PUMPKIN SEED PROTEIN

– Pumpkin is absolutely one of the oldest cultivated plants. Their small, dark green seeds taste simply delicious in muesli, in a raw vegetable salad and in baked goods. Pumpkin seed protein is produced by carefully de-oiling and grinding the seeds. They are considered an excellent source of fibre.

low carb &  
high protein  
**incombo**  
with Superfood.

