



Grains



Farro Grain

#01-4227 4 x 3 lbs

AMBROSIA® Farro is an ancient grain from the wheat species that is typically grown in Italy. It is shaped like rice in brown color and has a distinct nutty taste and chewy texture. This pearled* grain is high in fiber, protein and potassium which makes it a convenient healthy choice over other grains.



Red Quinoa

#01-3258 2 x 5 lbs

AMBROSIA® Red Quinoa is a tiny, roundish seed that is widely used and enjoyed in the same way as cereal grains like wheat, oat or rice. Imported from Peru where it is grown in the Andes Mountains, red quinoa has stronger, crunchier and more earthy flavor. Considered as superfood, quinoa is a significant source of protein, fiber, iron, and calcium. It is also gluten-free.



Tri-Color Quinoa

#01-4220 2 x 5 lbs

AMBROSIA® Tricolor Quinoa is a mixture of red, white and black tiny, roundish seeds that are widely used and enjoyed in the same way as cereal grains like wheat, oat or rice. Imported from Peru where it is grown in the Andes Mountains, tricolor quinoa is an interesting blend of earthy and nut-like taste. Considered as superfood, quinoa is a significant source of protein, fiber, iron, and calcium. It is also gluten-free.



Golden White Quinoa

#181054 2 x 5 lbs

AMBROSIA® White Quinoa is a tiny, roundish seed that is widely used and enjoyed in the same way as cereal grains like wheat, oat or rice. Imported from Peru where it is grown in the Andes Mountains, white quinoa is the most common variety in the US and has milder, delicate taste. Considered as superfood, quinoa is a significant source of protein, fiber, iron, and calcium. It is also gluten-free.

Availability on all items is subject to change without notice.