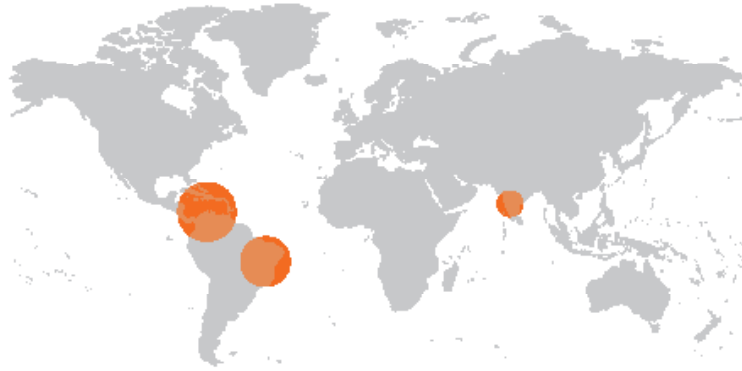


ORIGINS



 **ROAST LEVEL:** Medium / Full City

Nutritional Facts

Average values - Per 100g

Energy	357 kcal / 1.473 kJ
Fat	13.7 g
of which saturates	5.97 g
Carbohydrate	15.3 g
of which Sugar	< 0.5 g
Fiber	53.6 g
Protein	16.3 g
Salt	< 0.02 g

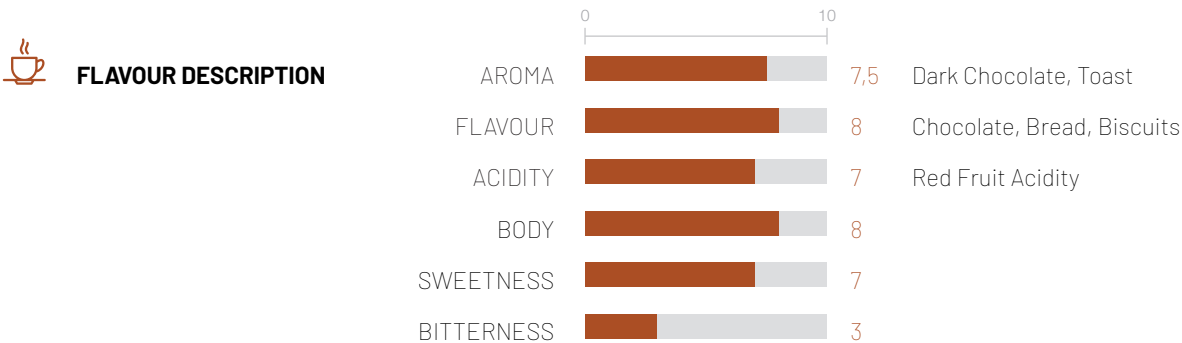
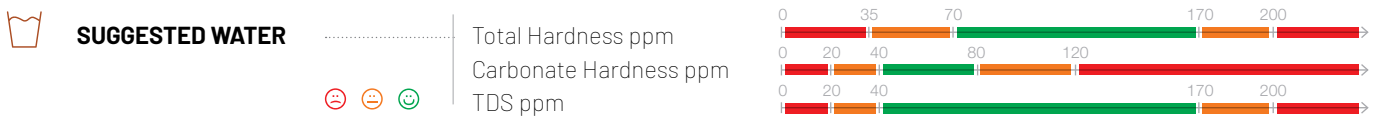
SUGGESTED RECIPE

 **ESPRESSO BREWING TEMPERATURE:** 91 - 93°C


 **MINIMUM DOSAGE PER DOUBLE SHOT:** 15 g

 **EXTRACTION TIME:** 22 - 28 sec

 **LIQUID IN CUPS:** 2 x 16-20 grams / ca 2 x 20-25 ml



 **STORAGE:** Room temperature; in a dry and cool place

 **EXPIRING DATE**

- 24 month
- Once opened: 36 hours (suggested)
- Once ground: 2 hours (suggested)