



CATALOGUE 2023



Panela



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TRADIZIONE GUSTO BENESSERE

1

Tradition, taste, wellbeing: these are the prerogatives for the organic products that Panella has been searching and selecting in the furthest places of the world, for over thirty years, with an undiminished passion.

TASTE ARCHAEOLOGISTS

2

Since the dawn of Man, thanks to innate survival abilities, we have been able to select and shape for livelihoods and well-being, the fruits that nature gave us. These foods were created, almost unconsciously, but in harmony with the human body and thanks to their amazing life force they are still an heritage for the whole humanity. Just as Taste Archaeologists we go in search of these treasures in every part of the world to allow everyone to take benefit from, and through them we try also to promote the knowledge of near and far cultures and lands.



3

The Panella Method for the whole sugars beings with the care and attention to the product: starting from the crops in their original lands!

Even the process we use to bring the product in different forms is unique and respect the original features and starts exclusively from the "blocks". From India to South America the first form of sugar invented by man, was, in fact, the "block" that preserves all the properties of the juice of the original plant. The block comes still alive (as they are called by the locals), and so they leave our laboratory: in fact they go trough a gentle procedure.

We do not use the procedures permitted by the modern technology for the whole sugars, such as filtration, over-baking or evaporation over hot plates, because with water they tend to lose aromas and many of the nutrients naturally contained. With a simple and ingenious process we got through the blocks an easy to use granulated sugar, almost as if it was the freshly squeezed juice. The "Panella Method" seal guarantees that the product has been realized with this procedure that is unique in the world!



4

All of the products from G.T.C. Srl are certified as "organic" and are subject to supervision of Bioagricert, according to the EC Regulation 834/07 standards.

4 GOOD REASONS TO CHOOSE PANELA



The name is traditionally used in the language of the Island of Bali. From the flowers of the Coconut Palm (*Cocos Nucifera*, that has nothing to deal with the Oil Palm - *Elaeis Guineensis*), the "Tree of Life", as indigenous peoples call it, cultivated with non-intensive techniques in the Island of Bali, we obtain this precious nectar. After cutting the large inflorescences, the resinous secretion is collected by hand in small cups. Then the precious nectar, once the moisture has evaporated, is moulded into the traditional cup shaped blocks, now as centuries ago.

It is a complete food and its peculiar nature, including different saccharides (sucrose does not exceed 63%), minerals, proteins and fibers (such as inulin), favors a gradual absorption by the body. Hence the reason why many international sources classify it as food with low glycemic index.

This is a tasty and complete way to sweeten, taking care to well-being.

Only through the "**Panela Method**" it is possible to safeguard the traditional richness of the sugar blocks, preserving their nutrients and their unique nutritional features. It doesn't give any coconut aftertaste because it is 100% coconut blossoms sap.

Reminder:

- from the flowers of coconut palm
- whole
- low glycemic index
- blocks processed with Panela Method
- not filtrated nectar

BLOSSOM'S NECTAR



code 1060

GULAMERAH FROM BALI

This is the best way to enjoy the unique taste of the blocks of Gulamerah from Bali, the whole organic coconut palm sugar. It is an irregularly shaped granulate to be used as a substitute for sugar, for all uses, not altering the flavour of coffee and drinks, and with the benefits of being a wholesome nourishment.

The delicate flavour, with fruity and floral nuances and a crispy texture, makes it ideal for enriching, with an exotic touch, fruit salads, yoghurts and ice-creams.

It is also excellent in cakes and bakery products. It doesn't give any coconut aftertaste.



code 11006

GULAMERAH SWEET MOLASSES

It contains all the features and flavors of the nectar of coconut flowers. In addition to the typical precious micronutrients, it also contains the saccharides (of which only a small part fructose), naturally present in Gulamerah, which generate its sweet and fruity taste. It is a tasty sweetener and a balanced source of nutrients, fiber and minerals. Excellent as a sweetener for all uses (does not alter the flavors), or as a garnish for desserts and ice cream.



code 0834

GULAMERAH CUBES

Practical granulated Gulamerah lumps to be dissolved in cold or hot drinks, also to be enjoyed as candies after-lunch. Only the finest Gulamerah grains have the features that permit them to be shaped into lumps.

It is excellent with essential oils and herbal extracts, or for the ones with the sweet tooth, it is perfectly matching with liquors and amari, pouring a few drops directly on the lump.



code 0835

GULAMERAH GRANOLA

From the union of seeds, nuts, flakes and fruits it comes to life an original crunchy Granola, to start your day with a boost of energy!

Cacao nibs, Buckwheat, Millet and Cranberries with a unique crunchy texture whose secret is the "touch" of Gulamerah and Virgin Coconut Oil.

Stay-fresh glass jar.

GULAMERAH FROM BALI
whole sugar from blossoms of the coconut palm

PRODUCT CODE	DESCRIPTION	QUANTITY PER BOX	EAN CODE
1060	Gulamerah from Bali 500g	6	8002759010608
11006	Gulamerah Sweet Molasses Squeezer 240g	6	8002759110063
0834	Gulamerah Cubes 175g	6	8002759008346
0835	Gulamerah Granola 320g	6	8002759008353



Only the precious nectar and the coconuts, freshly picked by hand, by people who know how to recognize the correct state of ripeness, can offer the best of the potentialities of the "Tree of Life", as the Coconut Palm (*Cocos Nucifera*, not to be confused with the Oil Palm) is called by indigenous people.

More precisely, the fresh pulp, which is vividly white and not yellow, that may indicate rancidification, is cold pressed to extract its precious nutritional values and, with them, its exotic scents and hints. Everything is made, as it was traditionally made in the South-Eastern Asian Countries, without the use of intensive farming, or industrial processes such as refining, deodorizing and bleaching.

Reminder:

- 100% FATS: no other components
- MORE THEN 70% OF MCT* : lauric, caprylic and capric acid
- ABOUT 50% OF LAURIC ACID: present in mother breast milk
- ABOUT 7% UNSATURATED AND MONOUNSATURATED FATS
- DOESN'T CONTAIN CHOLESTEROL

VIRGIN COCONUT OIL

COLD PRESSED FROM
THE PULP OF YOUNG COCONUTS



VIRGIN COCONUT OIL

code 1704



code 8100



NOT HYDROGENATED
NOT REFINED
NOT DEODORIZED
NOT BLEACHED

SATURATED FATS BUT MEDIUM CHAIN (MCT-MCFA)

- 100% FATS: no other components
- MORE THEN 70% OF MCT*: lauric, caprylic and capric acid
- ABOUT 50% OF LAURIC ACID: present in mother breast milk
- ABOUT 7% UNSATURATED AND MONOUNSATURATED FATS
- DOESN'T CONTAIN CHOLESTEROL

from the pulp of young
not dried

cold pressed

from coconut palm (cocos nucifera)
not oil palm (elaeis guinensis)

rich in Medium Chain Fatty

organic - for vegans and vegetarians

DISPLAY: virgin coconut oil + Golamera spread-cream

It contains 8 jars of virgin coconut oil 16g + 8 jars Golamera virgin coconut oil spread 30g.

COCONUT MILK POWDER

Organic coconut milk powder produced from freshly-squeezed coconut milk. It contains approximately 65% of coconut oil and retains much of the nutritional content of the raw coconut. It delivers the true coconut aroma. Easy to dissolve in cold and hot water.

code 0821



PRODUCT
CODE

DESCRIPTION

QUANTITY
PER BOX

EAN CODE

8100	Virgin Coconut Oil 300g - 330ml	6	8002759810000
1704	Virgin Coconut Oil 630g - 700ml	6	8002759008193
0821	Coconut Milk Powder 150g	6	8002759008216
expo	Display: 8 jars of virgin coconut oil 16g + 8 jars Golamera spread 30g		

GOLAMERA SPREAD CREAMS



Golamera: the guilt-free chocolate spread!

Try the velvety texture and the alluring flavor of the unparalleled Whole spread cream Golamera made of just 3 Ingredients. Amazing result, made possible by the delicate processing steps and by the use of Gulamerah the precious whole sugar from the flowers of coconut, as the key ingredient.

3 ingredients for an organic food which is ideal for breakfast and light snacks: Lightness... spreadable! The hidden secret of Golamera hinges on the use of the whole coconut sugar (Coconut palm - Cocos Nucifera not the Oil palm - Elaeis Guineensis), instead of refined ones and on the fact we do not add any fat except for those naturally present in the ingredients. Let's check the proof! In Gulamerah you won't find the common layer of afloat fat on the surface, whose presence is the evidence of the fat content. This floating fat is often vulnerable to degradation and going rancid.



code 11012



code 11009

GOLAMERA VIRGIN COCONUT OIL

All the advantages of Virgin Coconut Oil...to spread!

From the perfect combination of Virgin Coconut Oil, Defatted Cocoa and Gulamerah from Bali (the wholemeal sugar from the coconut flowers) it comes to life the unique and delicate taste of chocolate spread cream Golamèra. With all the health benefits of Virgin Coconut Oil we have a delicious but whole spread-cream to recharge energy and nutrients at any time of the day.

Organic product with No refined sugars, No milk, No added fats except for those naturally present in the ingredients and No lecithin. Suitable for Vegetatians and Vegans.

Where is the proof? In Golamera you won't find the layer of afloat fat on the surface.

GOLAMERA HAZELNUT

Guilt-free chocolate spread!

From the perfect combination of Defatted Cocoa, Hazelnuts of Piemonte IGP and Gulamerah from Bali (the wholemeal sugar from the coconut flowers) it comes to life the unique and delicate taste of chocolate spread cream Golamèra. With a reduced caloric intake (only 343 kcal per 100g) we have a delicious but healthy spread-cream to recharge energy and nutrients at any time of the day.

Organic product with No refined sugars, No milk, No added fats except for those naturally present in the ingredients and No lecithin. Suitable for Vegetatians and Vegans. Where is the proof? In Golamera you won't find the layer of

PRODUCT CODE	DESCRIPTION	QUANTITY PER BOX	EAN CODE
11012	Golamera virgin coconut oil 220g	6	8002759110124
11009	Golamera hazelnut 220g	6	8002759110094

Reminder:

- whole spread cream
- just 3 ingredients
- with Gulamerah from Bali
- without rafined sugars and palm oil
- with virgin coconut oil or with hazel-nuts

SHORTBREAD COOKIES



code 2171

code 2174

code 2175

Panela whole sugar and extra virgin coconut oil (without any use of vegetable oils and hydrogenated fats) come together to give birth to a tasty shortbread cookie, unmatched for the quality of its ingredients.

PRODUCT CODE	DESCRIPTION	QUANTITY PER BOX	EAN CODE
2175	Pan ela Rice-Coconut Cookies 200g	6	8002759021758
2171	Pan ela Spelt-Chocolate Cookies 200g	6	8002759021710
2174	Pan ela Spelt-Coconut Cookies 200g	6	8002759021741

Reminder:

- with virgin coconut oil
- without hydrogenated fats
- without rafined sugars
- without yeast

GOLDEN-YOOGA

WHOLESOME GOLD

Golden Milk always at hand



The precious rhizomes of Turmeric and Ginger, whose health benefits are well known in the ayurvedic tradition, are the secret of Golden Yooga.

The wise combination with Virgin Coconut Oil and other valued ingredients, that further improve the good effects, makes Golden Yooga a boost of energy and vitality for your body and mind. Inspired by Yoga

Yellow, golden, shining, rich of scents and power, the Golden Milk origin is rooted back in ancient traditions.

In the Ayurvedic medicine it is a miracle remedy for the body and the mind: this is truly the reason why it is still very common in the Yoga community. According to the legend it was an old Yoga Master who developed the recipe of this drink to help his trainees in stretching and flexing the muscles and the articulations during the

Reminder:

- a boost of energy and vitality
- for Yoga lovers and all of us
- with the health benefits of turmeric, ginger and virgin coconut oil all

GOLDEN-YOOGA

WHOLESOME GOLD

Golden Milk always at hand



code 0811

GOLDEN-YOOGA PASTE: mix for Golden Milk

In one jar all you need for the preparation of the Golden Milk!

Turmeric, Virgin Coconut Oil. Whole Coconut sugar, Ginger and a pinch of black pepper: according to the true yoga recipe.

Easy to use and ready in few seconds: add one or more teaspoons to your drink and that's it... so you don't have to buy each ingredient of the golden milk. Suitable for any kind of veg. or animal milk. 100% Organic. 1 Jar can yield up to 7 l of Golden Milk.

Long Shelflife and it does not require refrigeration.



code 0816

GOLDEN-YOOGA SPREAD: sweet spread cream

Spreadable Golden Milk for Yoga lovers and many other...

Velvety texture, sweet, rich taste... this is the feeling of your taste buds when try Golden Yoga Spread: the shiny spread cream that delivers the good effects of Turmeric, Ginger and Virgin Coconut Oil all together.

A good start into your day with the perfect Yooga Breakfast.

It is excellent with all bran cookies, rice cakes and wholemeal bread.

Available also in the variation with Max 33% sugars.



code 0850

GOLDEN-YOOGA ASIAN BROTH

Vegan ready to use turmeric stock with less than 10% of salt and without yeast!

The Asian stock paste where salt is the last ingredient and not the first instead. Ready to use seasoned paste with a rich mix of turmeric and spices that delivers the truly Asian allure combined with a yummy "umami" touch. It is perfect for soups and Asian style recipes (rice, sauces, braised dishes).

GOLDEN-YOOGA
wholesome gold

PRODUCT
CODE

DESCRIPTION

PRICE PER
BOX

EAN CODE

0811 Golden-Yooga Paste 220g: base for golden milk

6

8002759008117

0816 Golden-Yooga Spread 220g: sweet spread cream

6

8002759008162

0850 Golden-Yooga Asian Broth 190g

6

8002759008506

GOLDEN-YOOGA

WHOLE SOME GOLD

Golden Milk always at hand



code 0855

GOLDEN-YOOGA GRANOLA SPIRULINA

Golden Yooga Granola with Spirulina launches you into orbit! The Algae Spirulina (*Arthrospira platensis*) as a source of precious nutrients is routed back in ancient traditions but given its simple and rich structure it is under the spotlight as food of the future. Both EASA and NASA are carrying out trials for cultivations in the space. Our Spirulina that grows in controlled and tested Italian waters, has a bright and vivid colour as a proof of its vitality and a unique "spicy" touch.



code 0851

GOLDEN-YOOGA SAVOURY GRANOLA

Your Salads. Pokes, Soups won't be the same old story any longer with Golden Yooga Savoury Granola. It's Crunchy and Spicy with a touch of saltiness that makes it suitable also for Yogurt and breakfast (For those who perceive the common granolas too sweet) Crunchy granola with seeds and nuts that enhances your savoury dishes.



code 0836

GOLDEN-YOOGA GRANOLA

Golden Milk for breakfast...shining milk! From the combination of seeds, nuts, flakes and fruits with the Golden Block fragments, it comes to life a crunchy Granola, to start your day with a boost of vitality! Buckwheat, Cacao nibs and Blueberries with a unique crunchy texture and the golden "touch", rich of scents and power, of the Golden Yooga Block. Stay-fresh glass jar.

PRODUCT CODE	DESCRIPTION	PRICE PER BOX	EAN CODE
0855	Golden-Yooga Granola Spirulina 315g	6	8002759008551
0851	Golden-Yooga Savoury Granola 315g	6	8002759008513
0836	Golden-Yooga Granola 315g	6	8002759008360

GOLDEN-YOOGA

WHOLESOME GOLD

Golden Milk always at hand



code 0828

COCOA NIBS

Cocoa nibs are small pieces of crushed and roasted cocoa beans or simply "chocolate" in its purest form with a unique taste and a crunchy texture. Ideal as a snack or to sprinkle over yogurt, ice creams or smoothies. A healthy substitute for chocolate drops.



code 0853

COCOA BUTTER

Obtained by pressing cocoa beans. Panela® cocoa butter has a delicate flavour, thanks to a process that balances the cocoa and chocolate aromas and notes. It is suitable for the preparation of baked desserts, creams, chocolate and all typical uses.

GOLDEN-YOOGA
wholesome gold

PRODUCT CODE	DESCRIPTION	PRICE PER BOX	EAN CODE
0828	Cocoa Nibs 190g	6	8002759008285
0853	Cococa Butter 190g	6	8002759008537

GOLDEN-YOOGA

WHOLESOME GOLD

Golden Milk always at hand



code expo block

GOLDEN-YOOGA BLOCK: sweet bar of Golden Milk

Velvety texture, mellow taste with spicy hints and the vitality of the sun. All together the prodigious benefits of the Golden Milk in a convenient bar: perfect when doing sports or Yoga. A boost of Golden energy always at hand. Available in a display box composed of 20 units (10 Harmony + 10 Inspiration).

HARMONY: with turmeric, ginger and lemon zest

INSPIRATION: with cocoa nibs, turmeric, ginger and lemon zest. Regenerating crunchiness!



code expo barb

GOLDEN-YOOGA BAR BERRIES

A wholesome snack with the revitalizing health benefits of the golden milk for recharging the batteries in case of Yoga sessions, sports and stressful life... A blast of fresh fruity vitality. Available in the display box composed of 36 units.



code expo barg

GOLDEN-YOOGA BAR GRANOLA

A wholesome snack with the revitalizing health benefits of the golden milk for recharging the batteries in case of Yoga sessions, sports and stressful life... A blast of whole crunchy vitality. Available in the display box composed of 36 units.



code expo candy

GOLDEN-YOOGA CANDY: sweet dragée of Golden Milk

Small fragments of ginger root covered with the vitality of the Golden Milk. Freshness and Golden energy at hand any time. Available in the display box composed of 24 units.

GOLDEN-YOOGA NIBS: sweet dragée with cocoa beans

Small fragments of Cocoa Beans covered with the vitality of the Golden Milk. Delicious freshness, with hints of chocolate, and golden energy always at hand. Available in the display box composed of 24 units



code expo nibs

PRODUCT CODE	DESCRIPTION	QUANTITY PER BOX		EAN CODE
expo block	Display box composed of 10 Harmony+10 Inspiration	20	Harmony 55g Inspiration 50g	8002759008230 8002759008247
expo candy	Display box composed of 24 units of Candy 30g	24		8002759008223
expo nibs	Display box composed of 24 units of Nibs 30g	24		8002759008339
expo barb	Display box composed of 36 units of Bar Berries 36g	36		800275900
expo barg	Display box composed of 24 units of Bar Granola 39g	36		800275900

PRIMERO

IL CIOCCOLATO DELLE ORIGINI

NON PROCESSATO*

Primero turns the clock back to the origins of the chocolate and goes straight to the heart! A feeling of "wow" that surprises your taste buds and it is the right reward for your heart!

The slow "massage" of the ancient stone carves Primero and let the cacao bean shine its true strenght as it was at the origins of chocolate.

UNOPROCESSED



FROM CACAO
BEANS



The perfect combination of cacao beans and Panela, only crushed together, gives birth to this coarse and bold chocolate where the intensity of the cocoa beans is balanced and softened by the "warm" and crunchy sweetness of Panela. Just 2 unprocessed ingredients, not refined, not conched, not tempered.

PRIMERO
the chocolate of the origins

PRIMORDIAL INTENSITY



cod.art. 0858

PRIMERO 70%

Perfect balancing of cacao beans and Panella whose aroma enhances the cacao taste profile at the highest levels.



cod.art. 0857

PRIMERO 90%

Bold, coarse and crunchy with the full strenght of cacao beans 90%: primordial intensity!



cod.art. 0859

PRIMERO WITH PIEDMONT HAZELNUT 20%

Cacao benas, Piedmont hazelnut and Panella... what else? Hazelnut and cacao beans crushed together with Panella that deliver an incredible taste.

CODICE ARTICOLO	DESCRIZIONE	PEZZI PER CARTONE	CODICE EAN
0858	Primero - The Chocolate of the Origins 70% - 60g	12	8002759008582
0857	Primero - The Chocolate of the Origins 90% - 60g	12	8002759008575
0859	Primero - The Chocolate of the Origins Piedmont Hazelnut 20% - 60g	12	8002759008599



The traditional sugar block drives straight to the heart of Andes Mountain range. It delivers the truly vitality of the unfiltered cane juice. A unique variety that grows beyond 1.200 meters above the sea level in steep and small crops that are scattered in the wild vegetation.

The Block, as it was at the time of Spanish conquerors, is obtained through the simple concentratiotion of the freshly squeezed juice, where the water in excess is evaporated, thus averting further processing, such as deep filtration and cooking.

At this stage the Panela Method, a smart but simple technique for "shredding" the traditional blocks and obtaining an irregualr granulate, marks its difference by safeguarding the original taste and the wholesome vitality of the block.

Whole sugar?...The difference is the Shredded Block!

- 1) The traditional Blocks are sourced from the sugarcane variety named "caña panelera" that grows on the steep slopes of the Andes range in small crops (cultivo en laderas)
- 2) The freshly squeezed juice is just concentrated thanks to a gentle processing where the rich Molasses portion is not washed out through deep filtration and overcooking processings that would harm the nutrients in favor of the sucrose content and the dusty texture.
- 3) The Panela Method for converting the block into the yummi and irregular granulate is a smart technique, somehow similar to a "hand grater", that carries out a gentle and soft motion without overheat or invasive processes.
- 4) Panela is a rich and whole food that is also suitable for sweetening thanks to the presence of a wide range of saccharides, beside the simple sucrose, combined with minerals and nutrients.
- 5) The "gentle grinding" that is the distinctive trait of the Panela Method combined with the light processing of the fresh cane juice (without overheating and deep filtrations), enhance its taste and shrine its vital force: A nourishing food that makes your dish sweeter not just a common sweetener or refined sugar.

Reminder:

- the original shredded block by Panela Method
- whole
- rich in minerals and nutrients
- from not filtrated juice
- from "cana panelera"

The secret of the Panela Method hinges on the Shredded Block!

in fact only the Panela Method is the proof of the ground block (other dusty granulated sugars, albeit wholemeal, are the result of further processing and filtrations).



Average values per 100g

Energy	1.609 kJ - 379 kcal
Fats	0,3g
of which saturated	0,0g
Carbohydrates	93,3g
of which sugars	91,2g
saccharose	83,0g
fructose	3,8g
glucose	4,4g
Fibres	2,8g
Proteins	0,7g
Salt	7,7mg
Vitamin B6	0,6mg - 44% RDA*
Calcium	175mg - 22% RDA*
Magnesium	69,8mg - 19% RDA*
Manganese	2,4mg - 122% RDA*
Selenium	22,5µg - 41% RDA*

* % of the Raccomended Daily Allowance



PANELA
METHOD®



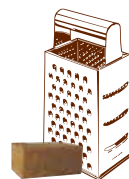
SUGAR CANE
"CANA PANELERA"



JUICE OF
"CANA PANELERA"



JUICE
MOULDED
IN BLOCKS



"SHREDDED"
BLOCKS



IRREGULAR
GRANULATE

THE ORIGINAL SHREDDED BLOCK



code 0813 code 0812

PANELA THE ORIGINAL SHREDDED BLOCK

It is the best way to enjoy the taste of the sugar blocks, as "freshly grated". It is an irregularly shaped granulate to be used as a substitute for sugar, for all uses, and with the benefits of being a wholesome nourishment. The delicate flavour, with notes of honey and licorice, makes it ideal for enriching, with an exotic touch, fruit salads, yoghurts and ice-creams.



code 0814

PANELA THE ORIGINAL 120G JAR

Easy to use glass sugar bowl. Get inspired by its aroma anytime you open it! It is the best way to enjoy the taste of the sugar blocks, as "freshly grated". It is an irregularly shaped granulate to be used as a substitute for sugar, for all uses, and with the benefits of being a wholesome nourishment. The delicate flavour, with notes of honey and licorice, makes it ideal for enriching, with an exotic touch, fruit salads, yoghurts and ice-creams.



code 0815

PANELA THE ORIGINAL 450G BLOCK

The block...where it all began...!The most ancient form of sugar tha the humankind crafted. Ideal in shredded chips, better on a wood chopping board like Parmesan Cheese,



code 0817

PANELA THE ORIGINAL 120G BON

Delicious rough cut Panela bon-bon, made with brown cane sugar. They are the candies of the ancient times and they save the enthralling charm of the original Panela blocks: all to enjoy!

PANELA - THE ORIGINAL
the original shredded block

PRODUCT CODE	DESCRIPTION	QUANTITY PER BOX	EAN CODE
0812	Panela The Original 500g	16	8002759008124
0813	Panela The Original 1kg	10	8002759008131
0814	Panela l'Originale Jar 120g	6	8002759008148
0815	Panela The Original Block 450g	6	8002759008155
0817	Panela The Original Bon-Bon 120g	6	8002759008179

THE ORIGINAL SHREDDED BLOCK



code 1976

PANELA CUBES

Practical granulated Panela lumps to be dissolved in hot drinks, or to be enjoyed as candies after-lunch. Only the finest Panela grains have the features that permit them to be shaped into lumps.

It is excellent with essential oils and herbal extracts, or for the ones with the sweet tooth, it is perfectly matching with liquors and amari, pouring a few drops directly on



code 1110

PANELA SWEET MOLASSES

All the properties of Panela in a liquid form!

In addition to the sugars, it contains the valuable nutrients of pure molasses, with a much sweeter and more delicate taste. Its distinctive flavour and smooth texture make Panela molasses particularly suitable for the baking of cakes and cookies, or to enrich yogurt. Irreplaceable in drinks and smoothies.



code 2018

PANELA COCOA

Practical soluble mix of skimmed cocoa and Panela. It is ideal to be dissolved in water and milk (cow, goat, rice, soy...) and it allows you to get in a few moments a delicious drink that can be served hot or cold.

PRODUCT CODE	DESCRIPTION	QUANTITY PER BOX	EAN CODE
1976	Panela Cubes 500g	12	8002759221134
1110	Panela Sweet Molasses 500g	6	8002759010073
2018	Panela Cocoa 250g	12	8002759920181



Pastas are not all the same and being able to recognize them, even for us Italians, it is not always easy!

The secret of **Panelita special pasta** hinges on the **Stone Milled & Wholemeal semolina** of 100% italian Ancient Grains.

The handmade processing, manufactured with **100% bronze moulds** (without Teflon, the well-known chemical polymer) and the **slow & low-temperature (less than 40°C for 36-48 hours)** drying enhance the scents and the texture of the semolina and improve the digestibility of the pasta by letting the **Grain shine its light**.

Wholemeal?...Only if it is Stone Milled!

- 1) Only the **traditional stones**, the best are sourced from La Ferrière-sous-Jouarre (France), carry out a **gentle motion**, somehow similar to a **massage**, that does not overheat the grain;
- 2) The Grain undergoes a **"full body"** milling therefore the **Grain Germ** still remains in the semolina;
- 3) The precious bran layer is not removed from the semolina and, especially, it is not added to the white product in order to resemble the original wholemeal semolina obtained through the stone milling;
- 4) The **coarse granulates** of the wholemeal semolina combined with the presence of the bran, **plays a key role for its digestibility**;
- 5) The **gentle "massage"** of the stones enhances the scents of the Ancient Cereals and safeguards the **Vital force of the Grain**.

Reminder:

- stone milled
- presence of grain germ and fibres
- wholemeal semolina
- slow&low-temperature drying
- lower glycemic load
- unique taste and aroma

PANELITA TRITICUM TURANICUM Khorasan

100% italian

triticum turanicum



Panelita The Whole-Stone Milled is made of 100% stone milled wholemeal semolina of Khorasan ancient grain: triticum turanicum that is cultivated in Italy.

The origins of this ancient grain (with a genetic code of 28 chromosomes), the unique nutritious properties of which are now well-known, go back to the age of the ancient Egypt and of the Fertile Crescent.

Pastas are not all the same and being able to recognize them, even for us Italians, it is not always easy!

The handmade processing, manufactured with 100% bronze moulds (without Teflon, the well-known chemical polymer) and the slow & low-temperature (less than 40°C for 36-48 hours) drying enhance the scents and the texture of the semolina and improve the digestibility of the pasta by letting the Grain shine its light.



PRODUCT CODE	DESCRIPTION	QUANTITY PER BOX	EAN CODE
0031	Penne Panelita khorasan 400g	10	8002759000319
0032	Fusilli Panelita khorasan 400g	10	8002759000326
0033	Fettuccine Panelita khorasan 400g	10	8002759000333
0008	Caserecce con alghe d'Irlanda e curcuma 250g	10	8002759000814

PANELITA TRITICUM MONOCOCCUM

Farro Monococco

100% italian

triticum monococcum o Einkorn



Panelita The Whole-Stone Milled is made of 100% stone milled wholemeal semolina of Monococco ancient grain: triticum monococcum that is cultivated in Italy.

The origins of this ancient grain (with a genetic code of 14 chromosomes), the unique nutritious properties of which are now well-known, go back to VII-VI millennium b.C.

Pastas are not all the same and being able to recognize them, even for us Italians, it is not always easy!

The handmade processing, manufactured with 100% bronze moulds (without Teflon, the well-known chemical polymer) and the slow & low-temperature (less than 40°C for 36-48 hours) drying enhance the scents and the texture of the semolina and improve the digestibility of the pasta by letting the Grain shine its light.



PRODUCT CODE	DESCRIPTION	QUANTITY PER BOX	EAN CODE
0034	Fusilli Panelita monococco 400g	10	8002759000340
0035	Penne Panelita monococco 400g	10	8002759000357
0036	Caserecce Panelita monococco 400g	10	8002759000364
0037	Fettuccine Panelita monococco 400g	10	8002759000371

PANELITA TRITICUM DICOCCUM



Panelita The Whole-Stone Milled is made of 100% stone milled wholemeal semolina of Dicocco Emmer ancient grain: triticum dicoccum that is cultivated in Italy.

The origins of this ancient granin (with a genetic code of 28 chromosomes), the unique nutritious properties of which are now well-known, go back to the Roman Empire in the Mediterranean basin.

Pastas are not all the same and being able to recognize them, even for us Italians, it is not always easy!

The handmade processing, manufactured with 100% bronze moulds (without Teflon, the well-known chemical polymer) and the slow & low-temperature (less than 40°C for 36-48 hours) drying enhance the scents and the texture of the semolina and improve the digestibility of the pasta by letting the Grain shine its light.



PRODUCT CODE	DESCRIPTION	QUANTITY PER BOX	EAN CODE
0038	Penne Panelita dicocco 400g	10	8002759000388
0039	Fusilli Panelita dicocco 400g	10	8002759000395
0040	Conchiglie Panelita dicocco 400g	10	8002759000401
0041	Fettuccine Panelita dicocco 400g	10	8002759000418
0024	Fusilli con ortica 250g	10	8002759002412



**+ SATIETY
...but - BELLY**



A Sack of good reasons to choose it ...

The Natural Roughness That Likes "A Sack"

Organic ancient grains that are "A Sack" healthy

A "Sack" "alive" and wholemeal thanks to stone grinding

A "Sack" Slow & low drying: 40 ° C Max for 36 / 48h

Dies with "A Sack" of Bronze: 100% Bronze without Teflon inserts

A Sack of natural fabric ... with limitless uses and a recyclable bag

1.8 Kg: "A Sack" of pasta

A Sustainable "Sack" !!!

Pastai by Nature expresses the skilful technique, the result of Panelita's experience and creativity, of mixing and kneading cereals of the original varieties so that the natural flavors and features can shine

PRODUCT
CODE

DESCRIPTION

QUANTITY
PER BOX

EAN CODE



0025	Fusilli Farro Monococco 1,8 Kg	2
0026	Penne Farro Monococco 1,8 Kg	2
0027	Fettuccine Farro Monococco 1,8 Kg	2

8002759000258
8002759000265
8002759000272



0028	Fusilli Farro Dicocco 1,8 kg	2
0029	Penne Farro Dicocco 1,8 kg	2
0030	Fettuccine Farro Dicocco 1,8 kg	2

8002759000289
8002759000296
8002759000302

A SACK... SO SPECIAL
Panelita - Pastai by Nature



These wild (and therefore not cultivated) seaweeds spontaneously grow along the pristine shores of the West of Ireland. They are gently collected at the right time by experts, dried at a not-too-high temperature, not to impair its values and it is simply packaged. Each type of seaweed differs from the others for its features, as if nature had intended to take care of our different dietary needs. All of this combined with the charm of the underwater world and their different chromatic nuances make these seagrasses ideal to embellish your dishes, paying also attention to propose a balanced diet. They are available in variants "To be soaked" and then cooked, or stir-fried as any normal vegetable, or "Ready-to-eat", either in pieces, to enrich salads, and dressings, or as a taste enhancer, as a spice/salt substitute on fish dishes, vegetables and even meat.

We suggest you to use them raw, or cooked in water, deep-fried, or sauteed, after a short soaking. To find out more, take a look at the Recipes section to check all the yummy tips that we have to offer. Refer to Nutrition Facts on the website to see the specific nutritional values of each kind.

Reminder:

- wild and organic seaweeds
- from the West of Ireland
- rich in vitamins and minerals
- "ready to eat" or "to be soaked"
- can be used in many recipes

WILD IRISH SEaweeds



READY TO EAT

This category includes the Wild Irish seaweeds ready to be used as they are. The easiest use is to garnish salads, enrich the taste of dishes, or as a starter for sautés. Thanks to their characteristic flavor, if you mix them in the dough, or use them as a garnishment, they add a touch of personality to baked goods such as crackers and snacks. Each type of seaweed differs from the others for its peculiar features, as if nature had intended to take care of our different dietary needs.



Powdered Mix of 5 Organic Wild Seaweeds (Atlantic Spirulina, Atlantic Dulse, Atlantic Wakame, Atlantic Kombu and Atlantic Carragheen) to be used as a savour enhancer, or as a salt substitute to flavor sauces, fish or meat.



TO BE SOAKED

This category includes the Wild Irish seaweeds meant to be used as a vegetable.... from the sea! They can be cooked or sautéed, after rinsing and soaking for a few minutes. In the case of recipes like soups and risottos, once rinsed the algae can be directly cooked together with the dish. Each type of seaweed differs from the others for its peculiar features, as if nature had intended to take care of our different dietary needs.

PRODUCT CODE	DESCRIPTION	QUANTITY PER BOX	EAN CODE
1975-bio	5 seaweeds salad 50g	6	8002759019755
1967-bio	3 seaweeds salad 50g	6	8002759019670
1963-bio	Atlantic dulse crisps 50g	6	8002759019632
1962-bio	Flavor enhancer 5 seaweeds mix 40g	6	8002759019625
1984-bio	Atlantic dulse 50g	6	8002759099849
1983-bio	Atlantic wakame 50g	6	8002759099832
1985-bio	Atlantic carragheen 50g	6	8002759099856
1982-bio	Atlantic sea spaghetti 50g	6	8002759099825
1980-bio	Atlantic kombu 50g	6	8002759099801
1986-bio	Atlantic nori 50g	6	8002759099863

WILD IRISH SEAWEEDS



Easy-to-Use Seaweeds: your help in the kitchen!

Now it is easier to exploit the benefits of the Seaweeds, especially their culinary distinctive features.

4 Seaweeds for 4 Uses in food preparations:

1. **For Thickening:** to make gelatine or jelly, to thicken gravy or sauces or juices, to smooth soups or vegetable minestrone.
2. **For Legumes and Broth:** to cook beans (and pulses in general), to soak legumes and to make vegetable broths.
3. **For Soups:** to enrich soups, steamed cereals or vegetables and tofu.
4. **Spirulina:** to enrich salads, sauces, other dishes and drinks. Or a tea spoon as it is.

Each type of seaweed differs from the others for its features, as if Nature had intended to take care of our different dietary needs. These SeaVeg absorb from the Ocean water the nutrients therefore it is crucial that the harvesting, performed by expert hands at the right stage of growth, takes place in the unspoiled shores of North West Ireland and that the product is Wild.

The Easy-to-Use Seaweeds, just fresh-air dried and chopped thanks to the unique Panelita know-how, are packed in the user friendly 40g dispenser where the cooking tips and the doses are clearly displayed.



PRODUCT CODE	DESCRIPTION	QUANTITY PER BOX	EAN CODE
1988-bio	Carragheen 40g - to thickening	6	8002759198901
1989-bio	Kombu 40g - for legumes and broth	6	8002759198900
1990-bio	Dulse 40g - for soups	6	8002759199006
0820	Atlantic Spirulina 40g	6	8002759198702



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