

## **A PROCESS AND COMPOSITION FOR AN IMPROVED FLOUR PRODUCT**

### **Abstract**

The invention describes a food or flour composition derived from fungal fermentation of plant material, the flour composition having a total metabolizable carbohydrate level of between 0.1 - 50% by weight. Also described are processes for the manufacture of the food or flour compositions using fungal fermentation having a total metabolizable carbohydrate level of between 0.1 - 50% by weight.

Figure 1.