



Who we are?

We are a group of like-minded people from Lithuania, who started the first cooperative activity in the Baltic states to grow and provide crickets as food for human consumption and feed for animals around the world.





**BALTIC
INSECTS**

Natural Cricket Flour

Having a healthy diet has never been so easy and delicious!

Dried cricket flour is a perfect choice to enrich your diet with protein, iron, vitamin B12, fiber and other important nutrients. You will not have to worry about a different taste of your favorite meal, because due to its high nutritional value a small amount of flour is enough to enrich your meal with all the good stuff this product has to offer. It is a perfect alternative for other protein powders, which add an intense unnatural taste to your meals. On top of that – it's lactose free.

Bake pies, enrich smoothies, sprinkle on salad or your favorite soup.

Beat your hunger with nutritious, healthy and delicious food. Dried cricket flour contains 65% protein, which is the key building material of your muscles!

About this item:

- **65% protein**
- **Lactose free**
- **Gluten free**
- **No GMO**

Nutritional facts (amount per 100 g):

Energy, kj/kcal – 1979/473

Protein (g) – 65

Fats (g) – 21.9

of which saturates (g) – 9.38

Carbohydrates (g) – 6.5

of which sugars (g) – 0.02

Salt (g) – 0.91

Calcium (mg) – 99

Iron, (mg) – 4.6

Amount:

50g., 100g., 500g.

Possibility of different packages
according to your personal needs

*Allergy warning to those allergic to shellfish, molluscs, gluten.



**LACTOSE
FREE**



**SUGAR
FREE**



**RICH IN
VITAMIN B12, OMEGA 3
AND OMEGA 6 FATTY ACIDS**

www.balticinsects.eu



**BALTIC
INSECTS**

Frozen crickets



Our Acheta Domesticus, also known as the house cricket, is grown at indoor farms using highest quality certified cricket feed, which has optimized micro-nutrients specifically designed for house crickets. Right after the harvest crickets are taken directly into a freezer, and once frozen – packed for dispatch.

Nutritional facts (amount per 100 g):

Fluid (g) - 69,2

Crude ash (g) – 65

Fat (g) – 6,6

Fibres (g) – 3,1



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