



LEGÜ

• IT'S NOT PASTA. •

• ABOUT LEGÙ •

Legù was created by the company ITineri srl in 2015.

ITineri's philosophy is simple and to the point:

FOOD CAN AND MUST BE IMPROVED.

In a creative way, but keeping it 100% natural.

It can and must be healthier, tastier and easier to prepare.

And what's cooking, right now, has proven to be a real revolution:

IT LOOKS LIKE PASTA, BUT IT'S NOT.



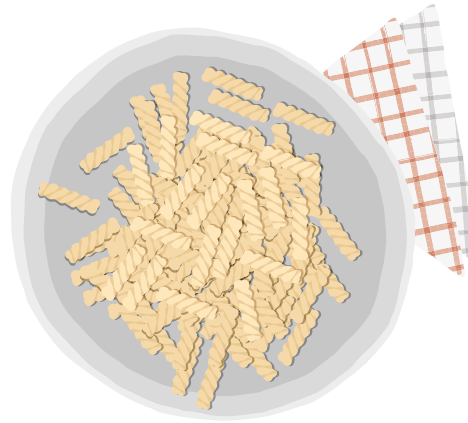
VEGETABLE PROTEINS
AND FIBRES READY IN
A FEW MINUTES.

• INGREDIENTS •



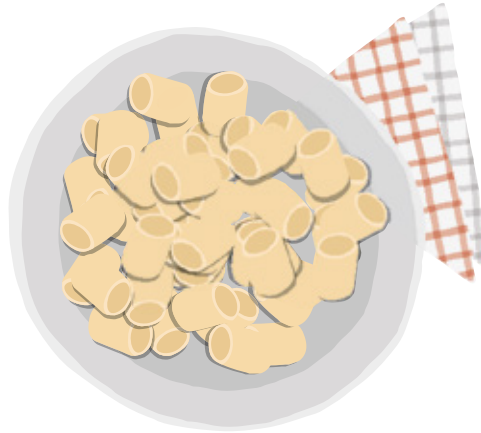
Legù is made only with flour from steamed chickpeas, steamed white beans and steamed shelled yellow peas and it's gluten free.

• CARBOHYDRATES •



A portion of Legù (60 g / 2.1 oz)
contains only **26 g** of carbohydrates.

• PROTEINS •



A portion of Legù (60 g) contains
14 g of vegetable proteins.

• EASY TO COOK •



Unlike dried legumes, you can prepare Legù very quickly:
only **2/3 minutes.**

• LEGÙ HAS MANY OTHER QUALITIES •

100% NATURAL • NO ADDITIVES

HIGH IN VEGETABLE PROTEIN • HIGH FIBRE CONTENT

GLUTEN-FREE • HIGH IN MINERAL SALTS

BRONZE-CUT • PRODUCED AND DRIED AT LOW TEMPERATURE

ARTISANAL • MADE IN ITALY

• LEGÙ IS THE FIRST COURSE IDEAL FOR EVERYONE •

FOR SPORTS LOVERS

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YOU CAN EAT DELICIOUS PASTA,
EVEN IF YOU'RE ON A HIGH-PROTEIN DIET.

FOR VEGANS

> > > > > >

A NEW FAST WAY TO INCREASE YOUR
VEGETABLE PROTEIN INTAKE.

FOR COELIACS

> > > > > >

DELICIOUS GLUTEN-FREE PASTA.

FOR DIABETICS

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DELICIOUS LOW-CARBOHYDRATE PASTA.

FOR EVERYONE

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FOR ANYONE WHO LOVES PASTA,
BUT IS WATCHING THEIR FIGURE.



GLUTEN FREE • ARTISANAL
TANTE PROTEINE VEGETALI E FIBRE PRONTE IN POCCHI MINUTI
VEGETABLE PROTEINS AND FIBRES READY IN SOME MINUTES

• OUR PASTA SHAPES •



INTRECCI



GIGLI



FUSILLI



PACCHERI GRANDI



TAGLIATELLE



TAGLIATELLE SPEZZATE



RUSTICI



A good news: a new recipe of legù with 4 legumes (chickpeas, white beans, yellow peas and shelled yellow lentil) is now available.

• LEGÙ 4 LEGUMES •



ELICHE



LASAGNE



SORRISI



PENNE LISCE



PACCHERI PICCOLI



CHICCHE



• THE FLOUR •

USE LEGÙ FLOUR TO COOK
AND BAKE WHATEVER YOU LIKE!

• LEGÜ FLOUR HAS MANY GOOD PROPERTIES •

- > It's made **ONLY** with **ORGANIC LEGUMES**.
- > It's a natural source of **VEGETABLE PROTEINS** with **HIGH FIBER CONTENT**.
- > **IT'S GLUTEN-FREE**, but gives you a similar elasticity of a regular wheat flour.
- > It's perfect for baking at home, from **SWEET** cakes and cookies to **SALTY** bread, bread sticks, quiches and crepes.
- > And it's very **GOOD!**





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