



LEGÙ

100% LEGUMI  
ITALIANI

nuovi percorsi alimentari  
*New ways of Nutrition*

*gusto e benessere prendono forma*  
*Taste combined with well-being*



## History

In 2015 after graduation as a food scientist Monica Neri established ITineri with its signature brand Legù.

*“In the beginning Legù was developed as a personal project due to my particular nutritional needs caused by a pregnancy induced diabetes.*

*I chose legumes for their low carbohydrates and sugar levels, and also because they belong to our rich rural heritage which is very much a “forgotten” food source these days. My Grandmother Ida was born in Mantova and she consumed legumes daily. She told me that they were known locally as “the poor persons meat”.*

*Thanks to my University studies we’re now in the position to bring them again to the table and to recreate all that has been done using cereals.”*

*Monica Neri*



Asia, Monica's daughter

## Philosophy

Legù is dedicated to research and innovation, its driving force is:

**Food can and must be improved remaining healthier, tastier and easier to prepare 100% natural** while doing no harm to the environment.

## Innovation

Legù wants to bring legumes, a genuine pillar of the Mediterranean diet, to the modern table.

Overall consumption of legumes has dropped in recent years due to the long preparation time required, pre-soaking and traditionally long cooking times. ITineri has developed new, convenient and delicious products from steamed legumes by creating new products while retaining all of the associated health benefits.

## Academy

Legù wants to share its philosophy by visiting production site, workshops, cooking and food experiences held in cooperation with schools, chefs, nutritionists and experts



## The benefits of Legumes

- ✓ Very high protein, fiber content and rich in mineral salts
- ✓ Improve glycemic control
- ✓ Reduce cholesterol
- ✓ Increase satiety sensation

*“legumes are a main course like meat fish and eggs”.*

Source: WHO – World Health Organization

# Sustainability

The production of proteins from plants has a low environmental impact with

- ✓ Reduced water usage
- ✓ Low CO2 emissions

Farm to table sustainability is a focus of ITineri business strategy: *"we take a natural approach, from raw materials to production to distribution."*

*Our packaging is eco friendly, printed with water-based inks, is solvent-free and uses 100% recyclable or fully compostable coming from renewable sources (100% cellulose)".*



## Italian origin

Production begins with a careful selection of raw materials. The origin is guaranteed 100% Italian and gluten-free.

Legumes and cereals (UNICA®) are first left to soak, steamed whole, dried and grounded.

## Nowadays

Our wellness products are tasty, innovative and natural



-50% carbohydrate\* +60% protein\* +60% fiber\*



-20% carbohydrate\* +30% protein\* +30% fiber\*  
\* compared to similar products made by only cereals

- ✓ 100% italian
- ✓ gluten free
- ✓ 100% natural

FOR EVERYONE



We steam legumes and cereal before production

## WHY?

To preserve the nutritional qualities of legumes;  
To obtain very light taste and high digestibility.





Our super-versatile Legù BLEND of 4 steamed Italian legumes is the basis for all of our products



Legù BLEND contains:

white beans, chickpeas, yellow split lentils, yellow peas

100% ITALIAN LEGUMES

RICH IN PROTEIN AND FIBER

GLUTEN FREE

## LEGÙ® ITALIAN LEGUMES FLOUR BLEND

**PACKAGING:** 300g = 10,5oz / 600g = 21oz / 10kg=352oz

Steam cooking process allows legume proteins to bind with water (similar to gluten) enabling the end product to assume physical shape and form as with gluten. It's gluten-free but gives an elasticity comparable to regular wheat flour and is ideal for everything from sweet (cakes, biscuits, muffins, puddings) to savory (pizza, breadsticks, pancakes, gnocchi). The BLEND can easily be used as a one-to-one replacement for traditional flours containing gluten.



PIZZA



SCHIACCIATA



FOCACCIA

It's a highly versatile product and can also be used as an excellent thickening agent and allergen free stabilizer (for use in mousses and creams)



TART



PUDDING



CINNAMON PANCAKES

Legù BLEND can be used by adding at least 30% in combination with wheat based flour for a dough for products such as breadsticks, bread, pizza or focaccia, to obtain a product richer in protein and fiber, while being lighter, more easily digestible and far tastier.



BREADSTICKS



BREAD



HEALTHY PIZZA

## LEGÙ® MIXES made with LEGÙ® FLOUR BLEND

**PACKAGING:** 120g (4,2oz) / 5kg (176oz)

- ✓ PIZZETTE MIX add only water, apple juice and oil.
- ✓ SCHIACCIATA MIX add only water.
- ✓ MUFFINS MIX add only apple juice.
- ✓ COOKIES MIX add only water and oil.



GET READY in 1 MINUTE by using only natural products

ITALIAN LEGUMES AND CEREALS

GLUTEN FREE

**COCONUT SUGAR** Low glycemic index **PACKAGING:** 250g (8,8oz)

**BAKING NATURAL POWDER** **PACKAGING:** 20g (0,75oz) / 1kg (35oz)

## LEGÙ® SOUP

**PACKAGING:** 90g (3,2oz) / 1,8kg (63,5oz)

New **HEALTHY**, tasty and organic **SOUPS** are **COMPLETE DISHES** ready to cook, even in the microwave, in a few minutes.

3 **SOLUTIONS** easy to prepare, ideal for a quick meal, also excellent even the day after.

soup + 3 glasses of water = 2 complete dishes



**GET READY**  
in  
**5 MINUTES**  
by using only natural  
ingredients

**RICH IN PROTEIN  
AND FIBER**



**DELICATA** SOUP  
with pumpkin and  
carrot



**SAPORITA** SOUP  
with black cabbage and  
spirulina



**VIVACE** SOUP  
with tomato and chimichurri

## LEGÙ® SNACK

**PACKAGING:** one serving 15g (0,55oz) / 40g (1,4oz) / 200g (7,5oz)

Any time perfect, from breakfast with jam, to dinner as a substitute for bread, to feel light.

Also excellent for a delicious aperitif suitable for everyone.



40g  
(1,4oz)

only natural  
ingredients

100% ITALIAN  
LEGUMES

**FLAVORS:** Classic (natural), Oregano, Ginger and Curry, Rosemary, Pizzaiola, Ginger, Turmeric and Pepper, Chives, Truffle



**NOT FRIED / OIL FREE / PRESERVATIVES FREE / ADDITIVE FREE / GLUTEN FREE**



## LEGÙ® TRADITIONAL LINE

Mountain italian lentils

**PACKAGING:** 250g (8,8oz)

Italian quinoa

**PACKAGING:** 200g (7,5oz)

## UNICA® SNACK

Cereals and legumes

**PACKAGING:** 30g (1oz) / 200g (7,5oz)



**YELLOW**  
corn, 5 legumes Legù and  
millet



**RED**  
red lentils and tomato



**GREEN**  
corn, 4 legumes,  
spirulina



**BLACK**  
BLACK BEANS and  
sorghum



**LEGUMES LEGÙ®  
AND QUINOA**



**LEGUMES LEGÙ®  
AND RICE**





240g (8,5oz)

COOKING TIME 5'

BALANCE OF ITALIAN LEGUMES AND CEREALS

Bronze drawn and slowly dried at low temperature.

SOURCE OF PROTEIN AND FIBER

HIGH YIELD

GLUTEN FREE

**UNICA® PASTA** gluten free pasta tasting good as a regular one

PACKAGING: one serving 60g (2,1oz) (60g raw = 140g cooked) / 120g (4,2oz) /240g /5kg (176oz)

Studing and balancing more ingredients by keeping taste, flavour and texture as gluten.

We have exploited the bio diversity of the Italian territory to obtain many different colors.



**UNICA BEIGE**  
white corn and chickpeas  
*Rustici / Tagliatelle*



**UNICA BLACK**  
black beans and sorghum  
*Gigli / Tagliatelle*



**UNICA YELLOW**  
corn, 5 legumes e millet  
*Penne / Paccheri / Tagliatelle / Fusilli*



**UNICA GREEN**  
corn, 4 legumes and spirulina  
*Fusilli / Tagliatelle*



**UNICA RED**  
red lentils, corn and tomato  
*Paccheri / Fusilli*



Finally, for rice lovers 100% ITALIAN NICKEL FREE RICE PASTA  
Bronze drawn and slowly dried. Cooking time 7/9 minutes.  
*Tagliatelle / Paccheri*



250g (8,8oz)

COOKING TIME 2/3'



100% ITALIAN LEGUMES

Bronze drawn and slowly dried at low temperature.

RICH IN PROTEIN AND FIBER

HIGH YIELD

GLUTEN FREE

**LEGU® NON È PASTA** =  +  = all in one course rich in protein and fiber

PACKAGING: one serving 50g (1,7oz) 50g raw = 130 cooked / 120g (4,2oz) /250g /5kg (176oz)

Three exclusive combinations designed to balance the nutritional aspect and flavor: 2 BIO legumes (lentils and chickpeas), 3 legumes (chickpeas, beans and yellow peas), 4 legumes (with also lentils)



Paccherini



Gigli



Fusilli



Sorrisi



Intrecci



Anelli



Rustici



Penne



Tagliatelle



Chicche



Lasagne



Paccheri





## LEGÙ® MIX PATTY

**PACKAGING:** 100g (3,5oz) per 20 polpette (*pattys*) / 1,8kg (63,5oz) per 300 polpette(*pattys*)

**PREPARATION:** Pour the Patty Mix into a bowl and mix with water, shape small balls with the help of your hands. You can give larger shapes like burger and if you like you can add grated vegetables or cheese. The ingredients are already cooked and ready to use, if you like cold, you can serve without cooking them. If you also like, you can brown or add them to a tomato sauce.



A quick meal,  
you prepare it  
in **1 minute just  
adding water**  
because everything  
is already cooked.



**COOKING TIME 1'**  
100% ITALIAN  
LEGUMES

**RICH IN PROTEIN  
AND FIBER**

**GLUTEN FREE**

## LEGÙ® AMARETTI EGGS FREE and GLUTEN FREE by Antica Amaretteria di Mombaruzzo

**PACKAGING:** one serving / 180g (6,3oz)

## LEGÙ® COOKIES only with LEGÙ® Blend, water, oil and raw sugar, gluten-free

**PACKAGING:** 140g (4.9oz) / 900g (31.7oz)

**FLAVORS:** Vanilla, Cocoa, Cinnamon



only  
LEGUMES FLOUR  
BLEND

**VEGAN**

**LACTOSE FREE**

**EGGS FREE**

**GLUTEN FREE**

## UNICA® BREADING

**PACKAGING:** 110g (3,9oz) / 2kg (70.5oz)

GLUTEN FREE breading to be used only with water,  
without milk and without eggs.

Yellow corn, 5 LEGÙ® legumes (white beans, chickpeas,  
yellow peas, yellow lentils, red lentils)  
and mile.

Steamed, dried and ground cereals and legumes to give a  
tasty crunch.



## LEGÙ® TRIANGOLI

**PACKAGING:** 90g (3.2oz) / 200g (7oz)







HEADQUARTER



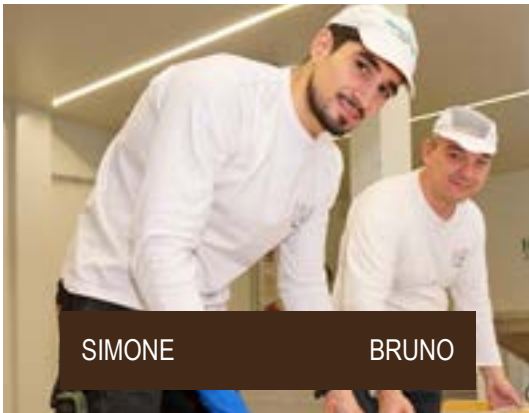
BRONZE CUT



EXPERIENCE



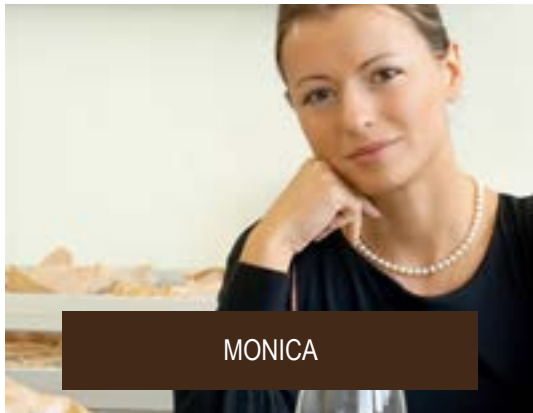
ANNA



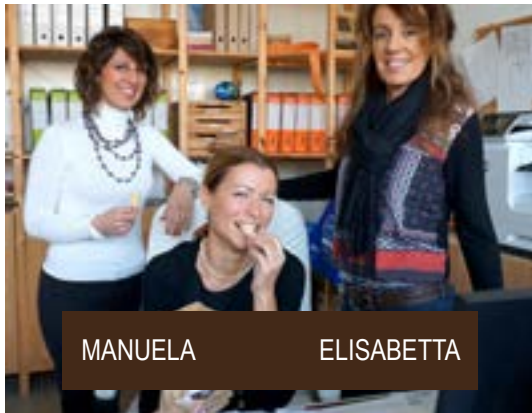
SIMONE BRUNO



LOW TEMPERATURE DRIYER



MONICA



MANUELA ELISABETTA



PRODUCTION



WAREHOUSE



ACADEMY



ELISA

### CERTIFICATIONS

- Organic
- Gluten free
- ISO 14000

### Acknowledgments

- Oscar Green Coldiretti
- A tutta innovazione di TUTTOFOOD
- Woman Value Company ISP

### Who talks about us

- Cucina Italiana
- Donna Moderna
- Rai News 24
- Eat Parade di Rai 2
- Radio DJ
- Corriere Della Sera
- Il Sole 24 Ore





# ITINERI

nuovi percorsi alimentari

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*#mangiareresponsabilmente*

Segui LEGÙ

