



## Milling Table

Soft Grains - Hard Grains - Seeds - Legumes	MM001	MM100 MM Lino 100 Milling Scale	MM200 MM Lino 200 MM Pro 200 Milling Scale	Essential oils	Special Notes
Amaranth	✓	0 - 1	0 - 1		
Buckwheat	✓	0 - 1	0 - 1		ONLY DEHULLED AND NOT ROASTED
Chia seeds	✓	6 - 7	7		
Spelt	✓	1	1 - 2		
Einkorn wheat	✓	1	1 - 2		
Emmer wheat	✓	0 - 1	1		
Green spelts	✓	1	1		
Oats	✓	3	4 - 5		
Dried peas	✓	1	1		
Millet	✓	1	1		
Kamut	✓	1	0 - 1		
Chick peas	✓	4 - 5	3 - 4		
Kidney beans	✓	1	1		
Lentils	✓	1	1		
Lupin seeds	✓	2	2		
Corn	✓	1 - 2	1 - 2		NO POPCORN CORN
Milo (Grain Sorghum)	✓	0 - 1	2 - 2.5		
Hulled barley	✓	1	1		
Natural long grain rice	✓	0 - 1	0 - 1		NO PARBOILED RICE
Pinto Beans	✓	2	1,2		
Psyllium seeds	✓	0 - 1	0 - 1		
Quinoa	✓	0 - 1	0,1		
Rye	✓	1	1		
Soya Beans	✓	1 - 2	5		
Teff	✓	0 - 1	0 - 1		
White Beans	✓	0 - 1	0 - 1		
Wheat	✓	1	1		
Herbs - Spices	MM001	MM100 MM Lino 100 Milling Scale	MM200 MM Lino 200 MM Pro 200 Milling Scale	Essential oils	Special Notes
Anis whole	✓	4	4 - 5	Yes	
Allspice	✓	1	1		
Black pepper	✓	2	2		
Caraway seed	✓	4 - 5	5	Yes	
Cardamom pods	✓	0 - 1	0 - 1	Yes	
Cloves	✓	3	4	Yes	
Cinnamon flowers	✓	0 - 1	2	Yes	
Cinnamon sticks	✓	1	1		Cut into small pieces
Coriander seeds	✓	1	2	Yes	
Cumin	✓	4	4	Yes	
Fenugreek seeds	✓	1	2 - 2.5		
Fennel seeds	✓	2	3	Yes	
Mustard seeds	✓	7 - 8	6 - 7	Yes	
Rosemary dried	✓	2	2		
Star anise	✓	2 - 3	3	Yes	Cut into small pieces
Tonka beans	✓	9 - 10	10	Yes	