

## Lisa Larkin

*Durrow Mills*



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Lisa Larkin was always interested in nutrition and clean eating so when digestive issues arose in her family, she decided to investigate healthier alternatives to traditional bread.

She came across sprouted grains, which are healthier because the sprouting returns the whole grain to a plant state, breaking down inherent toxins, and allowing the body to digest it more easily.

As sprouted flour was only available to buy from the USA, Lisa - who was commuting from Kilbeggan, Co. Westmeath to a job as a clinical embryologist in Dublin, decided to make the flour herself.

It took her 18 months to perfect the recipe and in March 2016, she launched Durrow Mills, becoming the only person in Ireland to produce sprouted flour.

Since Ireland doesn't have the ideal climate conditions to grow the high-protein wheat grain, Lisa imports the grains from abroad, sprouts it and then mills it herself in a stone ground mill. She produces two types of flour: fine-milled multi-purpose flour, and coarse-milled bread flour - both certified organic.

Getting a new business off the ground has its challenges and Lisa credits ACORNS for helping her drive the business forward. By engaging with other women in business, she was able to bounce ideas and problems off them, and create milestones for the company.

Durrow Mills flours and products, including breads and homemade bakes, are now for sale at markets and shops in Dublin and Offaly. The company's website and online shop is live from September 20th and Lisa has plans to export and introduce new products, including crackers, cereals and breads.

*Providing early stage female entrepreneurs, living in rural Ireland, with the knowledge, support and networking opportunities to meet and even exceed their current aspirations.*

