

## Lisa Larkin

### *Durrow Mills*



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As a mother of four young children, Lisa Larkin was always on the lookout for healthy and nutritious food. This passion and interest led her to discover sprouted grains, which, are healthier because the sprouting returns the whole grain to a plant state, 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 first 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, and has plans to increase her range of sprouted flours.

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, which are stonemilled fresh to order, are available online and in stores in Dublin and Offaly, with further expansion planned across the country later this year. Lisa also has plans to export, and has scaled manufacturing to target bakeries and food producers.