



Oat Flakes BIO 1 kg Sport Live Drasanvi

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Description

Oat Flakes Sport Live are obtained from sustainable farming systems that strictly comply with organic production standards:

- Without pesticides, fertilizers or herbicides of synthetic origin.
- No additives, colourings, flavourings, aromas...
- No genetically modified organisms.

This cereal, in itself, is characterized by having a large amount of fibre, and in this case, greater, being

integral and thus conserving all its natural properties. **Origin: EU Agriculture**

Directions

Eat cooked or raw.

Cooked: Cook for 5 to 10 minutes a portion of 5 tablespoons in ¼ liter of water, milk or vegetable broth.

Raw: along with juices, vegetable drinks, milk or yogurt accompanied by dried fruit, honey, natural fruit etc.

Presentation

Contains 1 Kg (35.27 oz)

Warnings

Keep in a cool and dry place. It contains **gluten**. May contain traces of **Nuts, Sesame and Soya**.

Nutrition Facts

Per 100 g

	Quantity	Per portion (35 g)
Energetic Value	1.488 kJ / 352 kcal	520,8 kJ / 123,2 kcal
Fats	6,60 g	2,31 g
<i>of which are saturated</i>	<i>1,20 g</i>	<i>0,42 g</i>
Carbohydrates	62,40 g	21,84 g
<i>of which are sugar</i>	<i><1 g</i>	<i><0,35 g</i>
Fibre	10 g	3,5 g
Proteins	12,50 g	4,37 g
Salt	0,03 g	0,010 g

Allergen Information

Shelled Nuts, Gluten, Sesame, Soya,

Certifications

