



# 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

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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

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Contains 1 Kg (35.27 oz)

## Warnings

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

## Nutrition Facts

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Per 100 g

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

## Allergen Information

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Shelled Nuts, Gluten, Sesame, Soya,

## Certifications

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