



# Oat Flakes BIO 1 kg Sport Live Drasanvi

SKU: 032050583 EAN13: 8436578544202

## 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

	<b>Quantity</b>	<b>Per portion (35 g)</b>
<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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