



Large Wholegrain Oat Flakes Bio 500 g Ecosana

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Description

Committed to the highest quality of the product and respect for the environment, **ECOSANA's Large Wholegrain Oat Flakes** are obtained from **sustainable** farming systems that strictly comply with **organic production standards**:

- Without pesticides, fertilizers or herbicides of synthetic origin.
- Without additives, colorants, flavorings, aromas...
- Without genetically modified organisms.

This cereal, in itself, is characterized by having a **large amount of fibre**, and in this case, greater, as it is **wholegrain** and thus preserves all its natural properties. For its fibre content, take oat flakes daily integrated into Your healthy diet is a great choice to help you maintain control of your weight.

Ingredients

Thick Wholegrain oats flakes*

*From Organic Agriculture.

Directions

Eat cooked or raw. Cooked: cook 5 tablespoons in ¼ liter of water, milk or vegetable broth for 5-10 minutes. Raw: along with juices, vegetable drinks, milk or yogurt accompanied by dried fruit, honey, natural fruit...

Presentation

Contains 500 g

Warnings

Keep in a cool and dry place. It contains **gluten**. May contain traces of **nuts, sesame, soya, mustard and lupins**.

Nutrition Facts

Per 100 g

Energetic Value

Fat of which saturated

Quantity

1488 kJ / 352 kcal

6,60 g 1,20 g

Carbohydrates <i>of which sugars</i>	62,40 g < 1 g
Fibre	9,66 g
Proteins	12,50 g
Salt	0,03 g

Allergen Information

Shelled Nuts, Gluten, Sesame, Soya,

Certifications

