



# 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

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Thick Wholegrain oats flakes\*

\*From Organic Agriculture.

## Directions

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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

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Contains 500 g

## Warnings

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

## Nutrition Facts

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Per 100 g

**Energetic Value**

**Fat of which saturated**

**Quantity**

**1488 kJ / 352 kcal**

**6,60 g 1,20 g**

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

## Allergen Information

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Shelled Nuts, Gluten, Sesame, Soya,

## Certifications

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