



Large Wholegrain Oat Flakes Bio 500 g Ecosana

SKU: 467010019 EAN13: 8436012945015

Description

Drasanví

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 **glute**n. 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 of which sugars Fibre Proteins Salt 62,40 g < 1 g 9,66 g 12,50 g 0,03 g

Allergen Information

Shelled Nuts, Gluten, Sesame, Soya,

Certifications

