



# Fine Wholegrain Oat Flakes Bio 500 g Ecosana

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## Description

**ECOSANA Oat Flakes** are obtained by dehulling, grinding and pressing oat grains in a finer format than normal flakes. Oats are a cereal **rich in fibre, energy**, highly recommended for athletes, students and for people who want to lose weight, as it contains **complex carbohydrates**, which are assimilated by the body slowly, providing a feeling of **satiety** that will help you not to snack between meals and will give you the energy you need for the day. It is a **natural food**, without preservatives or colorants, which you can enjoy taking them at any time of the day incorporated in yogurts, milk, juices... as dessert or as breakfast. They have the advantage that, when presented in a finer form than normal flakes, they **dissolve better**. Give them your special touch, combining them with raisins, dried fruits, dried fruits, pure chocolate shavings... whatever you can think of.

## Ingredients

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100% Organic fine wholegrain **OAT** flakes.

## Directions

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Cook for 5 to 10 minutes in copious amounts of water, milk, soup... 5 tablespoons, stirring constantly so that it does not stick to the bottom.

## Presentation

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Contains 500 g

## Warnings

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Keep in a cool and dry place. Contains **Gluten**. May contain traces of **Nuts, Soya, Sesame, Mustard and Lupins**.

## Nutrition Facts

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Por cada 100 g

	<b>Quantity</b>
<b>Energetic Value</b>	<b>363 kcal / 1529 kJ</b>
<b>Fat</b> <i>Of which saturated</i>	<b>7 g</b> <i>1,24 g</i>
<b>carbohydrates</b> <i>of which sugars</i>	<b>58,2 g</b> <i>&lt;1 g</i>

<b>Fibre</b>	<b>9,66 g</b>
<b>Proteins</b>	<b>12,5 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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