



Wholegrain Oat Flour Bio 500 g Ecosana

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Description

ECOSANA's Organic Wholegrain Oat Flour is obtained exclusively from oat grain from **organic farming**. By using all parts of the grain, including the shell, in its grinding, the oatmeal has a higher fibre content, that promotes digestion and has a longer satiating effect. In addition, it stands out for its contribution in vitamins and antioxidants. Due to its great contribution of energy it is perfect for creating healthy breakfasts, combined with nuts and dried and natural fruits. You can also create your own pastry recipes, which will give your desserts a softer texture and flavour.

Ingredients

Wholegrain **oat** flour*

*From Organic Agriculture.

Directions

Use at your convenience

Presentation

Contains 500 g

Warnings

It contains gluten.

May contain traces of **Nuts, Sesame and Soya**.

Store in a cool, dry place.

Nutrition Facts

Per 100 g

| | Quantity |
|---|---------------------------|
| Energetic Value | 1585 kJ / 380 kcal |
| Fat <i>of which saturated</i> | 6,3 g <i>1,2 g</i> |
| Carbohydrates <i>of which sugars</i> | 66 g <i>0 g</i> |
| Fibre | 5 g |
| Proteins | 11 g |
| Salt | 0,025 g |

Allergen Information

Shelled Nuts, Gluten, Sesame, Soya,

Certifications

