



Large Wholegrain Oat Flakes 500 g Natursana

SKU: 467010070 EAN13: 8436012944759

Description

NATURSANA Oat Flakes are obtained from dehulling, grinding and pressing oat grains. Oats are a cereal **rich in fibre, energy**, highly recommended for athletes and students. 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 give you the energy you need for the day. It is a **natural food**, without preservatives or colorants, that you can enjoy taking them at any time of the day incorporated in yogurts, milk, juices ..., as dessert or as breakfast. Give them your special touch, combining them with raisins, dried fruits, pure chocolate shavings ... whatever you can think of.

Ingredients

Large Wholegrain oat flakes.

Directions

Eat cooked or raw. Cooked: cook for 5-10 minutes a portion of 35 g in ¼ liter of water, milk or vegetable broth. Raw: together with juices, vegetable drinks, milk or yogurt accompanied by dried fruit, honey, natural fruit ...

Presentation

Contains 500 g

Warnings

Store in a cool, dry place.

It contains **gluten**.

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

Nutrition Facts

Per 100 g

	Quantity
Energetic Value	1586 kJ / 376 kcal
Fat <i>of which saturated</i>	6,50 g <i>1,20 g</i>
Carbohydrates <i>of which sugars</i>	62,10 g <i>1,0 g</i>
Fibre	11,10 g
Proteins	11,80 g
Salt	0,08 g

Allergen Information

Shelled Nuts, Gluten, Sesame, Soya,

Certifications

