



# Fine Wholegrain Oat Flakes 1 kg Natursana

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## Description

**NATURSANA Oat Flakes** are obtained by hulling, grinding and pressing oat grains in a finer format than normal flakes. Oatmeal is 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. 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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Fine Wholegrain **oat** flakes

# Directions

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Open and serve to taste. You can mix them with milk, vegetable drinks, juice, yogurts...

# Presentation

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Contains 1 kg

# Warnings

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Store in a cool, dry place.

It contains **gluten**.

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

# Nutrition Facts

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Per 100 g

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

## Allergen Information

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Shelled Nuts, Gluten, Sesame, Soya,

## Certifications

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