



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

Fine Wholegrain **oat** flakes

Directions

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

Presentation

Contains 1 kg

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 of which saturated	6,50 g 1,20 g
Carbohydrates of which sugars	62,10 g 1 g
Fibre	11,10 g
Proteins	11,80 g
Salt	0,08 g

Allergen Information

Shelled Nuts, Gluten, Sesame, Soya,

Certifications

