



Fine Wholegrain Oat Flakes Bio 1 kg 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

Fine Wholegrain **oat** flakes*

*From Ecological Agriculture.

Directions

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

Presentation

Contains 1 kg

Warnings

It contains **gluten**.

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

Store in a cool, dry place.

Nutrition Facts

Per 100 g

	Quantity
Energetic Value	1529 kJ / 363 kcal
Fat <i>of which saturated</i>	7 g <i>1,24 g</i>
Carbohydrates <i>of which sugars</i>	58,20 g <i><1 g</i>
Fibre	10 g
Proteins	12,50 g
Salt	0,03 g

Allergen Information

Shelled Nuts, Gluten, Sesame, Soya,

Certifications

