



Teff Flakes Bio 500 g Ecosana

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Description

Teff is a very small, dark brown grain cereal that originates from Ethiopia. **ECOSANA's Bio Teff Flakes** are obtained by pressing this cereal of 100% ecological origin, respecting the natural cycles of plants and without the use of genetically modified organisms, pesticides, pesticides or chemicals of any kind. Unlike other cereals, Teff stands out for its content in **lysine**, an essential amino acid that is difficult to find in other vegetable proteins, which makes it interesting as a supplement in **vegan diets**. As well as its contribution of **iron and calcium** and **vitamins of group B**. In addition, it is a cereal very **rich in carbohydrates** of slow absorption and **fibre**, 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.

Ingredients

Teff flakes*

*From Organic Agriculture.

Directions

Open and serve to taste. You can include the Teff flakes at breakfast, incorporated into yogurts, milk, juice or vegetable drinks, either alone or together with other cereals. You can also add them in your pastry recipes and create fantastic breads, bars of cereals and desserts.

Presentation

Contains 500 g

Warnings

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

Store in a cool, dry place.

Nutrition Facts

Per 100 g

	Quantity
Energetic Value	1393 kJ / 329 kcal
Fat <i>of which saturated</i>	2 g <i>0,70 g</i>
Carbohydrates <i>of which sugars</i>	63,50 g <i>0 g</i>
Fibre	8 g
Proteins	11,20 g
Salt	0,01 g

Allergen Information

Shelled Nuts, Gluten, Sesame, Soya,

Certifications

