



# Spelt Flakes Bio 350 g Ecosana

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## Description

**ECOSANA's Bio Spelt Flakes** are obtained exclusively from 100% spelt grain from **organic farming**, respecting the natural cycles of plants and without the use of genetically modified organisms, pesticides, pesticides or chemicals of any kind. Contributing in this way with the care of the Environment. Spelt is a cereal of great interest, thanks to its **high quality protein** content, as it has high amounts of lysine and also tryptophan, an amino acid that makes your body secrete serotonin and relax. In addition, it is a great source of minerals and vitamins, especially those included in groups B and E, and an ideal way to consume **complex, slow-absorbing carbohydrates and fibre**. Perfect for a healthy breakfast. Take them alone or mixed with other cereals soaked in the liquid of your choice. You can also add them to your salads, fruit salads, yogurt, smoothies, juices... whatever you can think of!

## Ingredients

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**Spelt flakes\***

\*From Organic Agriculture.

## Directions

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Open and serve to taste, soaked well in the desired liquid: vegetable drink, yogurt, juice, milk...

## Presentation

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Contains 350 g

## Warnings

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Keep in a cool and dry place.

It contains **gluten**.

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

## Nutrition Facts

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Per 100 g

	Quantity
<b>Energetic Value</b>	<b>1491 kJ / 353 kcal</b>
<b><i>Fat of which saturated</i></b>	<b>3,90 g 2 g</b>
<b><i>Carbohydrates of which sugars</i></b>	<b>64 g 2,20 g</b>
<b>Fibre</b>	<b>8,40 g</b>
<b>Proteins</b>	<b>14,2 g</b>
<b>Salt</b>	<b>0,015 g</b>

## Allergen Information

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Shelled Nuts, Gluten, Sesame, Soya,

## Certifications

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