



Puffed Spelt with Honey Bio 300 g Ecosana

SKU: 467010135 EAN13: 8436012944599

Description

Committed to the highest quality of the product and the care of the environment, **ECOSANA Organic Puffed Spelt with Honey** has been made from ingredients 100% from **organic farming**. Spelt is a very interesting cereal due 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**. Coated with delicious **honey**, you can enjoy this excellent cereal in your breakfasts or snacks, incorporated in your yogurt, milk or vegetable drink, as you prefer!

Ingredients

Puffed **SPELT*** (53,3%), corn syrup sugar*, honey* (4,1%), sunflower oil*

*From Organic Agriculture.

Directions

It can be taken at breakfast or to complete your snacks added to your favorite vegetable drink, yogurt, juice ...

Presentation

Contains 300 g

Warnings

Keep in a cool and dry place.

It contains **gluten**.

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

Nutrition Facts

Per 100 g

	Quantity
Energetic Value	1693 kJ / 401 kcal
Fat <i>of which saturated</i>	5,80 g <i>0,70 g</i>
Carbohydrates <i>of which sugars</i>	78,10 g <i>41,10 g</i>
Fibre	5,20 g
Proteins	6,40 g
Salt	0,034 g

Allergen Information

Shelled Nuts, Gluten, Milk, Sesame, Soya,

Certifications

