



# Puffed Spelt with Honey Bio 300 g Ecosana

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## 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

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

\*From Organic Agriculture.

## Directions

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

## Presentation

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Contains 300 g

## Warnings

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Keep in a cool and dry place.

It contains **gluten**.

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

## Nutrition Facts

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Per 100 g

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

## Allergen Information

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Shelled Nuts, Gluten, Milk, Sesame, Soya,

## Certifications

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