



Puffed Spelt with Chocolate Bio 300 g Ecosana

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Description

Committed to the highest quality of the product and the care of the environment, the **ECOSANA Organic Puffed Spelt with Chocolate** 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**. Bathed in delicious chocolate, 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*** (58,1%), cane sugar*, dark chocolate* (6,9%) (cocoa paste, cane sugar, cocoa butter, **SOYA** lecithin (Emulsifier), natural vanilla, Cocoa 10/12 powder*, corn syrup*, 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.

Contains **Gluten and Soya**.

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

Nutrition Facts

Per 100 g

	Quality
Energetic Value	1690 kJ / 401 kcal
Fat <i>of which saturated</i>	6,90 g <i>2,40 g</i>
Carbohydrates <i>of which sugars</i>	71,50 g <i>29,70 g</i>
Fibre	7,20 g
Proteins	9,50 g
Salt	0,02 g

Allergen Information

Shelled Nuts, Gluten, Milk, Sesame, Soya,

Certifications

