



Gluten Free Large Wholegrain Oat Flakes Bio 1 Kg Ecosana

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Description

Ecosana's Oat Flakes are obtained by dehulling, grinding and pressing 100% oat grains from **organic farming**, ensuring the **absence of gluten** throughout the production chain until it reaches the final consumer. Oats are a cereal which until recently was thought to contain **gluten naturally**. However, recent research indicates that the presence of gluten in this cereal is due to the **cross contamination** that can occur during the harvest, transport, storage or subsequent treatment of cereals, by cereals that do contain it naturally, such as **wheat, barley or rye, which make gluten intolerant people unable to take it**. That is why Ecosana's oat flakes have undergone several exhaustive controls that guarantee the enjoyment of all the benefits and nutritional properties of oats for those **celiac people** who must follow a **gluten-free** diet. It comes as fine oat flakes, very quick to cook. 5-10 minutes are

ready. WITH BETA-GLUCANS TO CONTROL CHOLESTEROL*

*Beta-glucans help maintain normal blood cholesterol levels. The beneficial effect is obtained with a daily intake of 3 g of oat beta-glucan.

Ingredients

Gluten free large wholegrain **oat** flakes*

*From Organic Agriculture.

Directions

Open and serve to taste. You can mix 5 tablespoons (35 g approx.) With milk, vegetable drinks, juice, yogurts...

Presentation

Contains 1 kg

Warnings

Store in a cool, dry place.

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

Nutrition Facts

Per 100 g

	Quantity	Per portionn (35 g)*
Energetic Value	1530 kJ / 365 kcal	535,5 kJ / 127,75 kcal
Fat of which saturated	6,90 g 1,20 g	3,45 g 0,6 g
Carbohydrates of which sugars	56 g 1,30 g	28 g 0,65 g
Fibre	11 g	5,5 g
of which beta-glucans	3,40 g	1,2 g

Proteins	14 g	7 g
Salt	0,025 g	0,0125 g

*14 portions approx. /bag

Allergen Information

Shelled Nuts, Sesame, Soya,

Certifications

