



Gluten Free Oat Flour Bio 500 g Ecosana

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Description

Oat is a cereal that is naturally **gluten-free**. However, due to the way it is grown and processed, oats **can easily be contaminated** with cereals that do contain naturally gluten, such as **wheat, barley or rye, which make gluten intolerant people unable to take it without risk**. This is why **ECOSANA's Oat Flour** has been made from **100% organic** oat grains, through rigorous controls that guarantee the **absence of gluten** at all points in the food chain (from the crop to the final consumer). This makes our oatmeal **suitable** for all **people**, especially **celiacs**, and they can enjoy the great nutritional properties attributed to this cereal rich in **soluble fibre**, thanks to its content of **beta-glucans**. beta-glucans are a type of soluble fiber, recognized by the EFSA (*European Authority for Food Safety*), which has shown a beneficial effect to keep **blood cholesterol at normal levels**. ECOSANA Oat Flour is **rich in beta-glucans**, providing **2,5 g for every 50 g** of product. To achieve this beneficial effect, studies indicate

that it is necessary to take **3 g of beta-glucans daily**. WITH BETAGLUCANES TO CONTROL CHOLESTEROL*

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

Ingredients

Gluten free **oat** flour*

*From Organic Agriculture.

Directions

Perfect substitute for any other type of flour. You can use it for your baking recipes or mix it with other more bread-making flours to create fantastic breads. It requires less cooking time than other flours. To make porridges for breakfast, cook for 15 minutes in plenty of water.

Presentation

Contains 500 g

Warnings

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

Store in a cool, dry place.

Nutrition Facts

Per 100 g

Energetic Value

Fat of which saturated

Quantity

1466 kJ / 349 kcal

7,09 g 1,43 g

Carbohydrates of which sugars	55,7 g <i>1,05 g</i>
Fibre	9,67 g
of which beta-glucans	1,05 g
Proteins	10,7 g
Salt	0,021 g

Allergen Information

Shelled Nuts, Sesame, Soya,

Certifications

