Puffed Millet Bio 200 g Ecosana

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Description

ECOSANA's Organic Puffed Millet contains exclusively 100% millet from **organic farming** , respecting the natural cycles of plants and without the use of genetically modified organisms, pesticides, pesticides or chemicals of any kind. Contributing in this way with the care of the Environment. As a natural source of **fibre** and **phosphorus**, it is excellent for you to enjoy in your breakfasts, incorporated alone or together with other cereals in your yogurt, milk or the vegetable drink of your choice. Innovate your meals and also add it to your salads, juices, smoothies... No added sugars. Ideal for a healthy diet.

Ingredients

Puffed millet*

*From Organic Agriculture.

Directions

It does not require any soaking or cooking. You can have it for breakfast, added to milk, juices or your favorite vegetable drink or also create great recipes with it, such as millet bars with chocolate, nougat, pancakes...

Presentation

Contains 200 g

Warnings

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

Store in a cool, dry place.

Nutrition Facts

Per 100 g

	Quantity
Energetic Value	**1570 kJ / 370 kcal**
Fat *of which saturated*	**4 g** *0,8 g*
Carbohydrates *of which sugars*	**71 g** *0,6 g*
Fibre	**3 g**
Proteins	**12,6 g**
Salt	**0,125 g**

Allergen Information

Shelled Nuts, Sesame, Soya,

Certifications