



Puffed Spelt Bio 250 g Ecosana

SKU: 467010436 EAN13: 8436578545162

Description

ECOSANA's Bio Puffed Spelt is obtained exclusively from 100% spelled grain 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 to the care of the Environment. Spelled 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**. You can take it at any time of the day! In your breakfasts, alone or mixed with other cereals or add it to your salads, fruit salads, yogurt, smoothies, juices...

Ingredients

100% **PUFFED SPELT***

*From organic farming.

Directions

It can be taken for breakfast or to complete your snacks added to your favorite vegetable drink, yogurt, juice... It does not require soaking or cooking.

Presentation

Contains 250 g

Warnings

Keep in a cool and dry place.

It contains **gluten**.

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

Nutrition Facts

Per 100 g

	Quantity
Energetic Value	1461 kJ / 344 kcal
Fat <i>of which saturated</i>	1,70 g <i>0,10 g</i>
Carbohydrates <i>of which sugars</i>	60,90 g <i>0,30 g</i>
Fibre	10 g
Proteins	17 g
Salt	0,00025 g

Allergen Information

Shelled Nuts, Gluten, Sesame, Soya,

Certifications

