



# Puffed Spelt Bio 250 g Ecosana

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## 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

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100% **PUFFED SPELT\***

\*From organic farming.

## Directions

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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

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Contains 250 g

## Warnings

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Keep in a cool and dry place.

It contains **gluten**.

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

## Nutrition Facts

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Per 100 g

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

## Allergen Information

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Shelled Nuts, Gluten, Sesame, Soya,

## Certifications

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