

Organic Whole Oat Flakes 1 kg

EAN: 8422584030396 FABRICANTE: El Granero Integral



Organic Whole Grain Oat Flakes. Gluten Free.

DESCRIPTION

Ingredients

Whole grain oat flakes*. Contains gluten. May contain traces of sesame, soy and nuts.

Instructions for use

You can take them directly with yogurt, vegetable drinks or derivatives, juices, etc. You can use them to cook or make different recipes (cookies, cakes, crispy batters, etc.).

Nutritional information

- Fat: 5.7 g.
- Saturated: 1 g.
- Carbohydrates: Of which sugars: 1 g.
- Fiber: 10.3 g.
- Protein: 10.9 g.

