

Buckwheat flakes and pine nuts muesli 350 grams

EAN: 019130000002

FABRICANTE: SALUD VIVA



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DESCRIPTION

ECO Buckwheat Flakes and Pine Nut Flakes Muesli

Buckwheat is not a cereal, it is a direct relative of rhubarb and sorrel, it is gluten-free and its flavor is very similar to that of walnuts. This muesli is the passionate work in the search for healthy eating that today is demanded by a society that is increasingly concerned about its well-being. Our products are a gourmet selection, the result of a desire for a diet that is as healthy as it is natural. We select all our products to offer you the best, since we are aware of the importance that food has for health, and that more and more people are able to discern between buying food, not products.

HIGH FIBER CONTENT

NUTRITIONAL INFORMATION (per 100 gr)

Energy.....	1504 kj / 358.3 kcal.
Fats.....	8.9g.
of which saturated.....	1.0 g.
Carbohydrates.....	57.20 g.
of which sugars.....	10.0 g.
Fiber.....	10.35 g.
Proteins.....	5.3g.
Salt.....	0.02g.

Usage suggestion:

Put 200ml of vegetable milk in a bowl with three tablespoons of this muesli and leave it for just a few minutes to activate the seeds that, together with the Psyllium husk, will create volume. With this muesli you will benefit from an extra supply of energy and nutrients for hours.

Suggestions:

- You can add as many seeds or nuts as you want.
- You can also incorporate chopped dehydrated or fresh fruits, dehydrated or fresh berries...
- If you let it soak with vegetable milk overnight you will get a texture similar to porridge.



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- Another suggestion if you prefer instead of vegetable milk is to incorporate muesli into a fruit smoothie or fruit smoothies such as apple.
- Make your own energy bars with this muesli, just with a few medjool dates and pressing the muesli with your hands you can simply make bars that are easy to transport instantly.

Ingredients:

Buckwheat flakes*, ground flax*, dried fig pieces*, sultanas*, raw sunflower seeds*, dried date pieces*, chia seeds*, currants*, cracked almonds*, psyllium husk powder * and pine nuts *.

*From organic farming.

May contain traces of nuts and sesame.

