

Spelt puffs with

Designation: spelt puffed with honey

Description: Our puffed spelt is coated with fine honey. A fine-sweet treat for a delicious start to the day or as an energy boost in between meals: pure, with milk, yoghurt or a milk alternative, supplemented with fresh fruit or as a topping on your favourite muesli.

Ingridients: **spelt puffed* 70%**, honey* 30%

* from controlled organic cultivation

Raw food: No
Fairtrade: No
Gluten-free: No
Vegan: No
Superfood: No
Naturally gluten-free: No
Plastic-free: No
Organic: Yes
Colli/Multi package: We trade this item in various packaging units. The current packaging size is 20kg. Please refer to the order confirmation for the final packaging unit.
Value Pack: No

ECO Control Point: DE-ÖKO-003

[Zum Produkt](#)

Nährwerte

Unzubereitet pro 100 g

Calorific value kj	1620 kj
Calorific value kcal	387 kcal
Fat	2.9 g
Of which saturated fatty acids	0.4 g
Carbohydrates	77.6 g
Of which sugar	24 g
Fibers	6.5 g
Protein	9.4 g
Salt	0.01 g

Allergene

Gluten-containing cereal	Ja
Chicken egg	Nein
Peanuts	Nein
Milk	Nein

Celery	Nein
Sesame seeds	Nein
Lupines	Nein
Crustaceans	Nein
Fish	Nein
Soy	Nein
Nuts	Nein
Mustard	Nein
Sulfur dioxide and sulphite	Nein
Molluscs	Nein
Cashews	Nein
Spelt	Ja
Barley	Nein
Oat	Nein
Hybrid Strains	Nein
Kamut	Nein
Macadamia	Nein
Almonds	Nein
Brazil Nuts	Nein
Pecans	Nein
Pistachios	Nein
Rye	Nein
Hazelnuts	Nein
Sesame	Nein
Walnuts	Nein
Wheat	Nein