

Honey & Sesame Granola (Oat) Bio

For this delightful granola composition, oat flakes are baked crispy with honey in the oven. Added to this are fine seeds, sultanas and cinnamon. Together with milk, yoghurt or a plant-based alternative, this makes a fine, crispy breakfast or snack. Fancy a change? It also tastes great as a topping on fruit salads or other dessert creations.

[Zum Produkt](#)

Nährwerte

Unzubereitet pro 100 g

Calorific value kj	1673 kj
Calorific value kcal	400 kcal
Fat	11.8 g
Of which saturated fatty acids	2.4 g
Carbohydrates	58.8 g
Of which sugar	17.8 g
Fibers	8.2 g
Protein	10.5 g
Salt	0.03 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

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Sulfur dioxide and sulphite	Nein
Molluscs	Nein
Cashews	Nein
Spelt	Nein
Barley	Nein
Oat	Ja
Hybrid Strains	Nein
Kamut	Nein
Macadamia	Nein
Almonds	Nein
Brazil Nuts	Nein
Pecans	Nein
Pistachios	Nein
Rye	Nein
Hazelnuts	Nein
Sesame	Ja
Walnuts	Nein
Wheat	Nein