

Crunchy Base (Oats, Rice) Bio

Can't live without crunch? Our crispy oat crunchy is just what you need. Delicately sweetened oat flakes, baked without palm oil, combined with exotic coconut shavings create an unparalleled diverse delight: pure, with muesli, as a topping on porridge, fruit salad and sweet bowls. It's a breakfast, snack, or mid-meal treat depending on the occasion. Perfect as a base for your favourite mix: chocolaty with chocolate crisps and chocolate drops or fruity with various fruit cubes. Prefer it less sweet? Then combine it, for example, with our unsweetened wholegrain spelt or buckwheat flakes.

[Zum Produkt](#)

Nährwerte

Unzubereitet pro 100 g

Calorific value kj	1884 kj
Calorific value kcal	450 kcal
Fat	17.3 g
Of which saturated fatty acids	11.5 g
Carbohydrates	60.1 g
Of which sugar	18.6 g
Fibers	7.7 g
Protein	9.7 g
Salt	0.07 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	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	Nein
Walnuts	Nein
Wheat	Nein