

Crunchy Nut (Oat) Organic

Indulge in a delightful crunch: Crispy baked oat flakes with exotic coconut shavings form the base for this Crunchy. Cashew nuts, roasted hazelnut pieces, almond kernels and coconut chips join in. Golden corn and spelt flakes, along with deep green pumpkin seeds, add colour and variety, engaging all senses. Perfect for breakfast or as a snack, enjoy it pure or as a topping, ideally with milk, yoghurt or a plant-based alternative.

[Zum Produkt](#)

Nährwerte

Unzubereitet pro 100 g

Calorific value kj	2042 kj
Calorific value kcal	488 kcal
Fat	26 g
Of which saturated fatty acids	10.2 g
Carbohydrates	46.9 g
Of which sugar	10.4 g
Fibers	8 g
Protein	12.6 g
Salt	0.129 g

Allergene

Gluten-containing cereal	Ja
Gluten-containing cereal	Nein
Gluten-containing cereal	Ja
Gluten-containing cereal	Nein
Gluten-containing cereal	Ja
Gluten-containing cereal	Nein
Gluten-containing cereal	Ja
Gluten-containing cereal	Nein
Gluten-containing cereal	Nein

Gluten-containing cereal	Ja
Gluten-containing cereal	Nein
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	Ja
Nuts	Nein
Nuts	Ja
Nuts	Nein
Nuts	Ja
Nuts	Nein
Nuts	Ja
Nuts	Nein
Nuts	Ja
Nuts	Nein
Nuts	Ja
Nuts	Nein
Nuts	Ja
Mustard	Nein
Horst Bode Import-Export GmbH Sulfur dioxide and sulphite USt-ID Nr.: DE154233667	Nein

Molluscs	Nein
Cashews	Ja
Cashews	Nein
Cashews	Ja
Cashews	Nein
Cashews	Ja
Cashews	Nein
Cashews	Ja
Cashews	Nein
Cashews	Ja
Cashews	Nein
Cashews	Ja
Cashews	Nein
Cashews	Ja
Spelt	Ja
Spelt	Nein
Spelt	Ja
Spelt	Nein
Spelt	Ja
Spelt	Nein
Spelt	Ja
Spelt	Nein
Spelt	Ja
Spelt	Nein
Spelt	Ja
Spelt	Nein
Spelt	Ja
Barley	Nein
Horst Bode Import-Export GmbH Oat US-EIN: DE154233667	Ja

Pecans	Nein
Pistachios	Nein
Rye	Nein
Hazelnuts	Ja
Hazelnuts	Nein
Hazelnuts	Ja
Hazelnuts	Nein
Hazelnuts	Ja
Hazelnuts	Nein
Hazelnuts	Ja
Hazelnuts	Nein
Hazelnuts	Ja
Hazelnuts	Nein
Hazelnuts	Ja
Hazelnuts	Nein
Hazelnuts	Ja
Sesame	Nein
Walnuts	Nein
Wheat	Nein