

Naked oat organic

Designation: oats (naked oats)

Description: Our organic naked oats grow naturally without husks. This makes naked oats an excellent basis for many types of preparation. Naked oats can be used as a source of protein and have a high fiber content. It is hard to imagine a breakfast without oats, so they cut a fine figure not only as muesli and porridge, but also ground as fresh grain porridge. Finely ground, it gives baked goods a nutty note and as a whole grain it is suitable for breads and cooked as a side dish, for patties, casseroles or salads.

Preparation: Prepare like rice: rinse the naked oats and simmer in double the amount of water for 35-45 minutes. A tasty side dish that brings variety to the table. Soak overnight for a shorter cooking time. As a fresh grain muesli: soak crushed oats in water for half an hour and enjoy with fruit, nuts, spices or sweetened to taste.

Ingredients: naked oats*

* from controlled organic cultivation

Raw food: No

Fairtrade: No

Gluten-free: No

Vegan: Yes

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 25kg. 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	1470 kj
Calorific value kj	1460 kj
Calorific value kcal	351 kcal
Calorific value kcal	349 kcal
Fat	7.1 g
Of which saturated fatty acids	1.5 g
Carbohydrates	56 g
Carbohydrates	55.7 g
Of which sugar	1.1 g
Fibers	9.7 g
Protein	11 g
Protein	10.7 g
Salt	0.02 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