

Superfood-Mix chia & berries

Designation: mixture of seeds and dried fruits

Description: The superfood mix combines chia seeds with the subtle sweetness of cranberries, trendy tart barberries and is complemented with delicate quinoa, amaranth and nutty roasted buckwheat. Refine your favourite breakfast or delicious smoothies with this high-quality blend and start the day full of energy!

Preparation: Sprinkle 2 tablespoons over yoghurt, fruit, curd or flakes or mix into smoothies.

Ingredients: grapes* 26% (grapes* 99, 5%, sunflower oil*), chia seeds* (Salvia hispanica L.) 13%, linseed golden yellow* 13%, quinoa flakes*, cranberries* 12% (cranberries* 60%, sunflower oil*, cane sugar*), buckwheat roasted*, amaranth puffed*, barberries* 5% (barberries*)

* from controlled organic cultivation

Raw food: No

Fairtrade: No

Gluten-free: No

Vegan: Yes

Superfood: Yes

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 10kg. 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	1567 kj
Calorific value kj	1565 kj
Calorific value kcal	375 kcal
Calorific value kcal	374 kcal
Fat	11.3 g
Of which saturated fatty acids	1.2 g
Carbohydrates	52.9 g
Of which sugar	24.9 g
Fibers	12.4 g
Protein	9.1 g
Protein	9 g
Salt	0.026 g
Salt	0.027 g

Allergene

Gluten-containing cereal	Nein
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	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