

Oat flakes fine organic

Designation: oat flakes fine

Description: Fine organic oat flakes are a wholemeal product, as the whole grain, including the germ and outer layers, is preserved during production. They are a source of protein and rich in fibre. A wonderfully versatile ingredient for sweet and savoury dishes: for anyone who likes a fine muesli or porridge, for baked goods such as bread, rolls, (oat) biscuits, bars as well as for patties, burgers, soups and casseroles.

Preparation: Preparation as porridge or porridge: Bring to the boil with about 5 times the amount of water, milk or plant-based alternative, stir well and leave to stand for 3-5 minutes. Depending on the desired consistency, more flakes or liquid can be added. For variety, add fresh fruit, apple sauce, a little cinnamon or a few chocolate drops, for example.

Ingridients: oat flakes*

* from controlled organic cultivation

Raw food: No
Fairtrade: No
Gluten-free: No
Vegan: Yes
Superfood: No
Naturally gluten-free: No
Plastic-free: Yes
Organic: Yes
Value Pack: No

ECO Control Point: DE-ÖKO-003

[Zum Produkt](#)

Nährwerte

Unzubereitet pro 100 g

Calorific value kj	1550 kj
Calorific value kcal	371 kcal
Fat	6.7 g
Of which saturated fatty acids	1.1 g
Carbohydrates	59.5 g
Of which sugar	0.8 g
Fibers	9.7 g
Protein	13.2 g
Salt	0.005 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	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	Nein
Mustard	Nein
Sulfur dioxide and sulphite	Nein
Molluscs	Nein
Cashews	Nein
Spelt	Nein
Barley	Nein
Oat	Ja
Oat	Nein
Oat	Ja

Oat	Nein
Oat	Ja
Oat	Nein
Oat	Ja
Oat	Nein
Oat	Ja
Oat	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