

Crunchy Nut (Oat) Organic 5kg

What a delight: Crispy baked oat flakes with exotic coconut shavings form the basis for this crunchy. Adding to the mix are cashew nuts, roasted hazelnut pieces, almond kernels, and coconut chips. Golden corn and spelt flakes, as well as deep green pumpkin seeds, provide colour and variety. This appeals to all senses. Perfect for breakfast and snacks, pure or as a topping, ideal with milk, yogurt, 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
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
Mustard	Nein
Sulfur dioxide and sulphite	Nein
Molluscs	Nein
Cashews	Ja
Cashews	Nein
Horst Bode Import-Export GmbH Cashews USt-IdNr.: DE154233667	Ja

[illegible]

Hybrid Strains	Nein
Kamut	Nein
Macadamia	Nein
Almonds	Ja
Almonds	Nein
Almonds	Ja
Almonds	Nein
Almonds	Ja
Almonds	Nein
Almonds	Ja
Almonds	Nein
Almonds	Ja
Brazil Nuts	Nein
Pecans	Nein
Pistachios	Nein
Rye	Nein
Hazelnuts	Ja
Hazelnuts	Nein
Hazelnuts	Ja
Hazelnuts	Nein
Hazelnuts	Ja
Hazelnuts	Nein
Hazelnuts	Ja
Hazelnuts	Nein
Horst Bode Import-Export GmbH Hazelnuts USF-ID Nr.: DE194233667	Ja

Sesame	Nein
Walnuts	Nein
Wheat	Nein