

Organic fine oat flakes, compostable bag 6x500g

Small, tender oat flakes, a fibre-rich protein source. A classic for preparing porridge, pudding, fine mueslis, baked goods or savoury patties. Preparation as porridge/pudding: Bring to the boil with about 5 times the amount of water, milk or plant-based alternative, stir well and leave to soak for 3-5 minutes. Depending on the desired consistency, the pudding can be prepared with more flakes or liquid. For variety, e.g. fresh fruit, apple sauce, a little cinnamon or a few chocolate drops can be added.

[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 |
| 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 |