

Oat flakes coarse organic

Designation: oat flakes coarse

Description: Coarse organic oat flakes are a wholemeal product, as the whole grain, including the germ and outer layers, is retained 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 their muesli or porridge with more bite, for baked goods such as bread, rolls, (oat) biscuits, bars as well as for patties, burgers, soups and casseroles.

Preparation: Preparation as porridge: Bring to the boil with about 5 times the amount of water, milk or plant-based alternative, stir and leave to infuse for 3-5 minutes. Add more flakes or liquid according to taste. As overnight oats, simply prepare in the evening, place in the fridge and enjoy a quick breakfast in the morning. Both variants taste great with a topping of fresh or dried fruit, compote, nuts and seeds, making for a varied breakfast.

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

Example Company

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