

# Crunchy oatflakes (oat, rice) organic 5kg

**Designation:** roasted muesli

**Description:** You can't do without crunch? Then our crispy oat crunchy is just the right choice. Gently sweetened oat flakes, baked without palm oil, combined with exotic coconut flakes make for an incomparably delicious treat: pure, with muesli, as a topping on porridge, fruit salad and sweet bowls. Depending on the occasion, it's a breakfast or a snack between meals. It is also ideal as a base for your personal favourite mix: chocolaty with chocolate chips and chocolate drops or fruity with various fruit cubes. You like it less sweet? Then combine it with our unsweetened spelt wholemeal or buckwheat flakes.

**Ingridients:** oat flakes\* 65%, cane sugar\*, coconut fat\*, coconut flakes\*, rice extrudate\* ( wholemeal rice flour\*), sea salt

\* from controlled organic cultivation

**Raw food:** No  
**Fairtrade:** No  
**Gluten-free:** No  
**Vegan:** Yes  
**Superfood:** No  
**Naturally gluten-free:** No  
**No palm oil:** Yes  
**Plastic-free:** No  
**Organic:** Yes  
**Colli/Multi package:** We trade this item in various packaging units. The current packaging size is 5kg. 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	1884 kj
Calorific value kcal	450 kcal
Fat	17.3 g
Of which saturated fatty acids	11.5 g
Carbohydrates	60.1 g
Of which sugar	18.6 g
Fibers	7.7 g
Protein	9.7 g
Salt	0.07 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