

Crunchy Base (Oats, Rice) organic 5kg

Can't go without crunch? Then our crispy oat crunchy is just the thing. Delicately sweetened oat flakes, baked without palm oil, combine with exotic coconut shavings to create an unparalleled variety of flavours: pure, with muesli, as a topping on porridge, fruit salad and sweet bowls. So it's perfect for breakfast, a snack between meals or an evening treat. An ideal base for your own favourite mix too: add chocolate crisps and chocolate drops for a chocolaty version, or various fruit cubes for a fruity one. If you prefer it less sweet, try combining it with our unsweetened wholegrain spelt or buckwheat flakes.

[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
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