

# Crunchy Base (Oats, Rice) organic 6x1kg

Can't do 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 incredibly diverse delight: pure, with muesli, as a topping on porridge, fruit salad and sweet bowls. So it's breakfast, snack or snack depending on the occasion. Also ideal as a base for your own favourite mixture: chocolaty with chocolate crisps and chocolate drops or fruity with various fruit cubes. Don't like it so sweet? Then combine it, for example, 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   |
| 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   |
| 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 |