

## Oats

Our Oats are very versatile. Oats are a popular type of grain for making porridge and flakes. When cooked, oats are ideal for use as a nutrient-rich addition to dishes or as the basis for stews.

We offer both a conventional version and an organic version.

Oat grains are very good:

- For making wholegrain flour
- For oat flakes
- For porridge or cooked oats

### Ingredients:

100% Oat

### Nutritional values per 100g

Energy	1566 kJ 372 kcal
Fat / of which saturates	7,0g 1,3g
Carbohydrates / of which sugars	59,1g 1,1g
Fibre	10,2g
Protein	13,0g
Salt	<0,1g

### Packaging sizes



25kg bags



Big Bag



loose loading

### Deliverable in



conventional



EU organic