

Spelt Flakes

Content:	900g (in 2-liter tin)
Texture:	Spelt Flakes
Storage:	If possible, cool and dry, without direct sunlight. A constant temperature of below 20° Celsius would be optimal.
Once opened:	Close again with the enclosed plastic lid. Do not eat directly from the container (contamination), then the content of the opened tin will not go bad for several weeks. Avoid huge temperature range to prevent development of humidity in- and outside the tin.
Shelf Life:	10 years. Vacuumed and sealed under protective atmosphere (INDOSA pro-VAC)

Nutritional values per 100g:

Product	Energy KJ / kcal	Fat	th. Saturated fatty acids	Carbo- hydrates	thereof sugar	Protein	Salt	Dietary Fibres
Spelt Flakes	1358 / 320	2,7g	0,4g	63,2g	0,9g	10,8g	0,007g	8,8g

Ingredients: 100% Spelt Flakes

Preparation/Consumption: Add to milk or water for a müsli or cook in milk for porridge or water for a soup.