

WEIDER[®]
Better Nutrition

7 DELICIOUS FLAVOURS



WHOLE OAT INSTANT FLOUR

Gourmet Oat Flour

- Low in sugar
- Protein source
- Rich in fiber

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Healthy & Tasty

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Oatmeal is a natural whole and nutritious food that provides energy, protein, fiber, vitamins and minerals. Weider Gourmet Flour is instant whole oat flour of the highest quality extracted from whole GMO oats and with no added sugars.

It can be used to make carb shakes when you need an extra boost of energy or to prepare tasty healthy recipes filled with nutrients.

Oat flour provides naturally complex carbohydrates with an extremely low sugar content. In addition, its high fiber composition slows the digestion of starch and the blood glucose uptake. This makes it one of the healthiest ways to eat carbohydrates.

Weider Gourmet Oat Flour contains plant-based protein and only 7,1% fat, mostly mono and polyunsaturated fats with a low content of saturated fat. This composition helps you to eat healthy, protect your heart and watch your weight.

Until now, you have been able to relish the 7 delicious flavors that conjure up the most succulent desserts.



INGREDIENTS BISCUIT FLAVOUR: Whole Oat Flour, Cookie Powder, Yeast Extract, Flavouring, Sweeteners: Acesulfame K, Sucralose. May contain traces of milk, lactose, gluten and egg.

DIRECTIONS FOR USE: To prepare a shake mix 30g with milk or water. We suggest you prepare a denser mix and introduce it 30 sec. to 1 min. in the microwave oven. You will get a firmer dough that will bring you closer to the original dessert. And if you feel inspired, check more sophisticated recipes we share with you in our canal in YouTube: Weider Nutrition Europe.

PRESENTATION: 1,9 kg Tin (63 portions of 30 g) and 1kg Bag (Brownie and Cookie Dough)

- FLAVOUR:**
- Brownie
 - Strawberry Cake
 - Cookie Dough
 - Arroz con Leche
 - Natural
 - Biscuit
 - Apple-Cinnamon

Nutritional information	per portion*
Energy	414 kJ/99 kcal
Fat	1,8 g
- of which sat. fatty Acids	0,4 g
Carbohydrates	17 g
- of which Sugars	0,5 g
Fibres	1,7 g
Proteins	3,7 g
Salt	<0,01 g

* Serving size: 30 g powder mixed with 300 ml water.

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