



# Organic Whole Grain Oat Flour



## Thank you for choosing Nunweiler's

We are proud to offer you Canadian grown and milled whole grain flour. We don't believe in using any additives or preservatives in our flour, simply the entire whole grain kernel. Keeping all the nutrients and the flavor that nature intended.

## Description & Uses

This product is milled from Canadian grown dehulled oats. The flour is beige in colour with a free flowing granulation.

## Storage & Shelf Life

Product should be stored in a clean, cool, dry place. Optimum shelf life is 2 years from milled date under correct storage conditions.

## Packaging

Packed in 10kg and 20kg multi-walled paper bags with Nunweiler's lot code and milled on date stamped on the bag. Packed in 2kg and 1 kg Poly bags with Nunweiler's lot code and best before date printed on the nutrition panel.

## Allergen Checklist

COMPONENT	PRESENT IN PRODUCT	PRESENT IN OTHER PRODUCTS ON THE SAME LINE	PRESENT IN OTHER PRODUCTS IN THE SAME MANUFACTURING PLANT
PEANUTS AND THEIR DERIVATIVES	×	×	×
TREE NUTS AND THEIR DERIVATIVES	×	×	×
SESAME SEEDS	×	×	×
DAIRY PRODUCTS- MILK, LACTOSE, CASEINATES, WHEY	×	1 and 2kg packages only ✓	×
EGGS	×	×	×
FISH- ANCHOVIES, SHELLFISH	×	×	×
SOY PRODUCTS	×	×	×
MSG OR GLUTAMATES	×	×	×
SULPHATES	×	×	×
GLUTEN	×	✓	✓
MUSTARD	×	×	×

Not tested

## Nutritional Facts

(g per 100g)

Moisture	7-10%
Protein	13g
Total Fat	6.52g
*Saturated	1.11g
*Trans Fat	0
Carbohydrates	67.72g
*Dietary Fibers	10.1g
*Sugars	0.99
Food Energy (Calories)	379
Minerals & Vitamins (mg per 100g)	
Calcium	52
Sodium	6
Iron	4.25
Potassium	362
Phosphorus	410
Vitamin A (IU)	0.0
Vitamin C	0.0
Ash	1.77

## What we love about this product

Oat flour has become quite popular and for good reason! It's a healthy substitute for all purpose flour. You can use it in all sorts of recipes including pancakes, waffles, muffins, fruit crumbles and crisps, and more! Our favourite is using it to make muffins.

