



Powerfood One Instant Oats 2000g bag



Enjoy an active lifestyle - enjoy Instant Oats! The 100% whole oat flour has a naturally perfect nutritional profile: a combination of complex carbohydrates, valuable protein and healthy fats. Oatmeal is the ideal fuel, excellently satiating and providing the body with complex carbohydrates and proteins for energy. Suitable for breakfast or for a snack in between.

CHF 12.90

RECOMMENDATION FOR CONSUMPTION

Drink up to 1-3 servings daily. It is recommended to consume before sports or competition, immediately after training and in the morning or before bedtime. Add 30 g of powder (about 2 heaped tablespoons) and 250 ml of cold water or milk to the mixing cup and shake for 20 seconds.

Tip: Combine with PowerFood One Boom Whey or PowerFood One Vegan Protein for a protein-rich and delicious nutritional combination.

INGREDIENTS

100% whole oat flour.

ALLERGENE

Contains gluten

Packaging unit: 2000g bag

Flavor: Oatmeal