

# Mamma Tuba valmis!

## OAT-APPLE PANCAKES

Mamma Oatmeal Apple Pancakes have been awarded the Estonian Best Prepared Food 2020.

Oat and apple pancakes are made with 100% oat flour, to which fibre-rich oat bran has been added to give the cake a deliciously crunchy texture. The apple and the cinnamon aftertaste add a light flavour.

Oatmeal is rich in fibre, helping to keep our metabolism and digestive microflora in order. Oats are also rich in minerals and contain significant amounts of heart-healthy potassium, calcium and magnesium. Oats help strengthen the immune system and cleanse the body.

Mamma little pancakes taste equally good hot or cold.

The pancakes are packed in a very handy bag that can be easily resealed if desired.



ean:4740184600561

energia100g:

Energy content	790 kJ / 189 kcal
Fats	11,3 g
□ of which saturated fatty acids	1,6 g
Carbohydrates	14,8 g
□ of which sugars	4,8 g
Proteins	6,3 g
Salt	0,5 g

hulgipakend:16

kaal:200 g

moodud:190x200x100mm

sailitamine:+2... +6 °C

soojendamine:Remove the packaging and heat in the microwave at 750 W, covered, for about 30-45 seconds. Bake in the oven at 180 °C for 3-5min. Also suitable for immediate consumption!

tootekood:932007

## PRODUCT DESCRIPTION

egg, water, apple 20%, cottage cheese(**cottage cheese, cream, salt**), **oat flour** 9%, rapeseed oil, sugar, **oat bran**, corn starch, iodised salt, baking soda, cinnamon.

