

# Mamma

## Juba valmis!

### OAT-APPLE PANCAKES

Mamma Oat-apple pancakes have been awarded with the Estonian Best Prepared Food 2020.

Oat-apple pancakes are made from 100% oat flour, with the addition of oat bran, rich in fibre, which gives the cake a nice crunchy texture. The apple and cinnamon aftertaste add a light flavour.

Oatmeal is rich in fibre, helping to keep our metabolism and digestive microflora in good shape. 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 the small 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	766 kJ / 183 kcal
Fats	10,5 g
□ of which saturated fatty acids	1,4 g
Carbohydrates	15,2 g
□ of which sugars	6,8 g
Protein	6,4 g
Salt	0,6 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** 3%, modified corn starch, frying oil (rapeseed oil, carnauba wax, emulsifier lecithin, fully



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hydrogenated sunflower oil), iodised salt, baking soda, cinnamon.