

GoFit **AVENA**

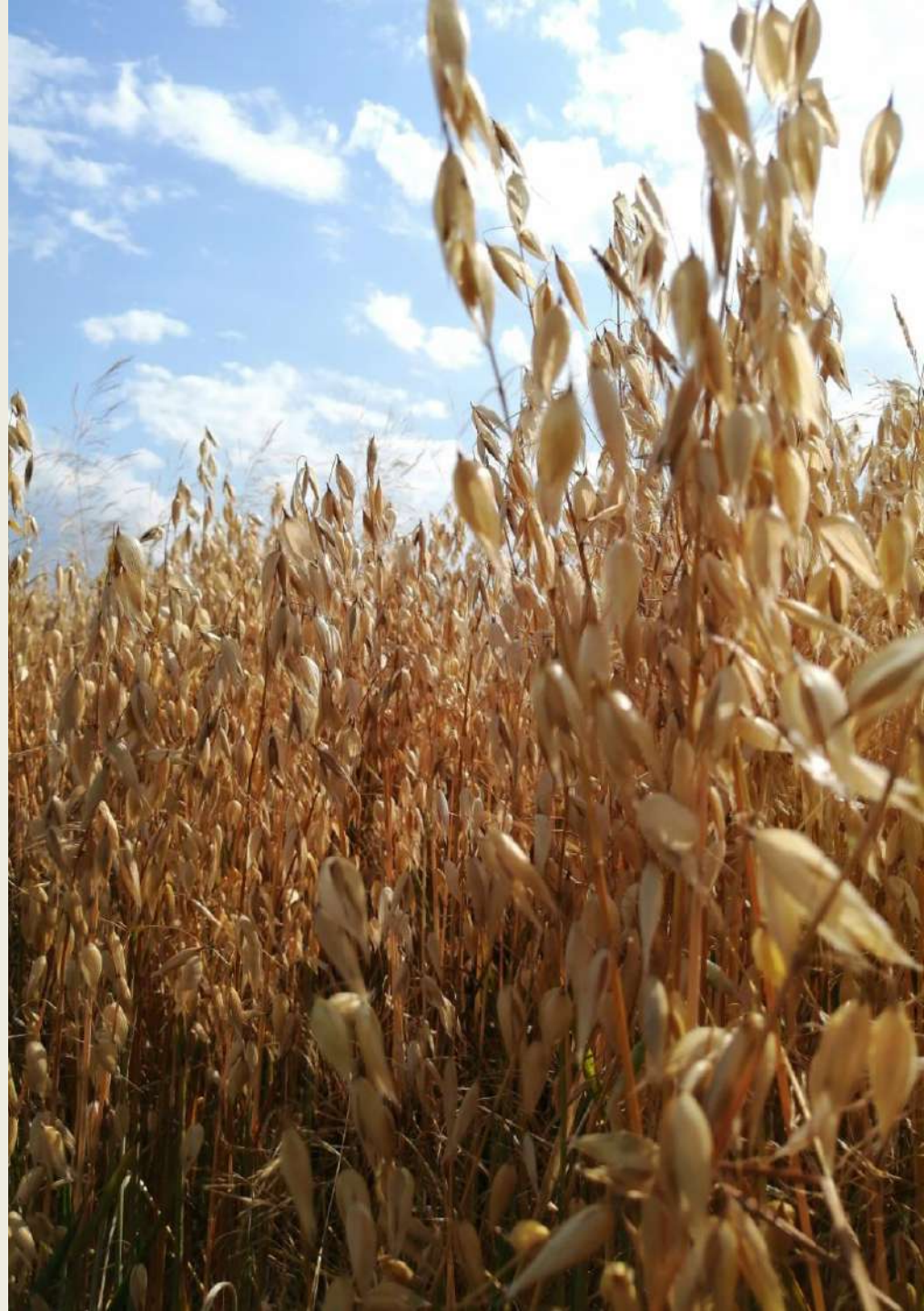
Eat oats, Live free!



GOF Hungary Ltd

We are fully dedicated to continuously providing 100% gluten-free products, therefore we keep the entire production chain in our own control.

We grow and harvest the grain in our field and by our employees, we transport to/from the mill by our own trucks which are only used for this purpose and we use our own laboratories for continuous analysis. We possess with advanced technology in the mill.



Hungary's first Gluten free Oat Mill

The complex knowledge and more than 10 years of experience in the Mill industry led to our latest investment, which is Hungary's first Gluten Free Oat Mill.

Due to the innovative mindset of the company's leadership, we built a 1400 m², 5-level factory, and by 2019:

**Gluten free oat flakes and
flour were born.**



Why we chose gluten-free oats?

The number of people suffering from gluten intolerance or even celiac disease has risen significantly in recent years. In order to serve them, we started to produce gluten-free oats which **can be consumed by 95% of gluten sensitive** customers.

Oats are incredibly **nutritious**, contain more **protein** and **fiber** than most grain. Full of **vitamins (B6, zinc, iron, magnesium)**. Contain large amount of B-glucan which helps to **reduce cholesterol and blood sugar levels, helps insuline stability and prevent colorectal cancer**.



AOECS symbol
Guaranteed gluten-free products
Avena GoFit-licensed



Avena GoFit



Premium
rolled oat flakes



Fine oat flakes



Oat flakes flour

* All products are licensed by AO ECS, own Crossed Grain symbol *

Premium rolled oat flakes

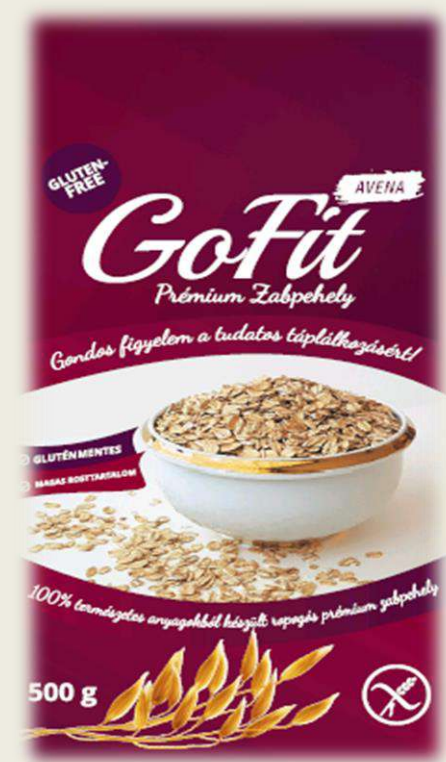
Our premium flakes are flat, irregularly round and textured. We have already separated the cleaned groats by size and when processed, the whole groats are steamed to make them soft and pliable, then pressed to flatten them.

Flakes' sizes as customers wish:

~ 0,5–0,8 mm

~ 1 mm

Perfect in granola, bars, as ingredients in porridge and in many recipes.



Fine and Instant oat flakes

We are dedicated to rolled oats since they cook faster, absorb more liquid, and hold their shape relatively well during cooking.

Fine oat flakes are smaller and thinner. The nutrition stays the same but the texture changes a bit. It cooks even faster and becomes smoother.

We offer INSTANT oat flakes:

❖ *such as 0,3 mm thick.*

In addition to be heated for a warm breakfast bowl, rolled oats are commonly used in porridge, cookies, muffins, and other baked goods.



Oat flakes flour

Oat flakes flour is a whole grain flour, whereas rolled flakes are ground into flour.

It can be used in a number of ways, including a base ingredient for extruded / shaped products. It can be mixed with other type of flours to produce oat biscuits, cakes and other baked products. Great for thickening soups and stews.



Avena GoFit

All of our products are available in 500 gram
and 25 kg packages.



Technology

We have built out a full-scale system in order to produce high quality products. The grain goes under several separation processes in order to pick the best quality grains and remove foreign materials. We use screenings such as

Magnetic separator

Rotating screens

Aspiration to screen weight

Infra-light to separate by color



Laboratory

We pay the highest attention to make sure that the grain and products remain gluten free therefore we have built 2 laboratories where several machines used for analysis, such as R5 Mendez ELISA test.

We use 3rd party laboratories which are suggested and proved by the Association of European Coeliac Societies- AOECS.



Partnership

Information?

Business enquiry?

Partnership?

Please contact:

Kovacs.alexandra@gof.hu

100% gluten-free

