Claims

1. A method for manufacturing a solid food composition, the method comprising:
   A. Providing cereal grains;
   B. 1) Submerging said grains in water for in the range of 2 to 12 hours, and
      2) Germinating said grains for in the range of 10 to 80 hours;
   C. Subjecting said grains to a step of heat treatment;
   D. Finely dividing said grains
   E. Adding at least one liquid and one or more additional ingredients to said finely divided grains to obtain a slurry
   F. Incubating the slurry at a low temperature in the range of between 60° C and 95° C for a time interval in the range of between 30 and 180 minutes; and
   G. Incubating the slurry at a high temperature in the range of between 125° C to 140° C for a time interval in the range of between 1 and 10 minutes;

   wherein step B. may be performed before or after step C. and steps F. and G. may be performed in any order, thereby obtaining a solid food composition.

2. The method according to claim 1, wherein the cereal grains are dehulled oat grains.

3. The method according to any one of the preceding claims, wherein step B. comprises the steps of

   B1. submerging said grains in water for in the range of 3 to 10 hours, such as in the range of to 4 to 8 hours, such as for in the range of 5 to 7 hours, for example for approx. 6 hours;
   B2. germinating said grains for in the range of 10 to 40 hrs, such as in the range of 15 to 35 hrs. for example for in the range of 20 to 24 hrs.

4. The method according to any one of the preceding claims, wherein step B. is performed in a manner reducing the level of phytic acid in said grains to less than 70%, preferably to less than 60%, such as to less than 50% of the initial level.

5. The method according to any one of the preceding claims, wherein the additional ingredients are one or more selected from the group consisting of salt, sweeteners, vegetable oil and soluble fibres.

6. The method according to any one of the preceding claims, wherein the additional ingredient is soluble fibres, preferably beta-glucan soluble fibres.

7. A solid food composition manufactured by the method according to any one of the preceding claims, the composition comprising ~~.~~:
a protein in a range between 5 and 18% dry weight,
a lipid in a range between 8 and 25% dry weight,
a complex carbohydrate in a range between 35 and 80% dry weight, wherein the complex carbohydrate is a carbohydrate molecule comprising at least three monosaccharide molecules bound to form a chain,
beta-glucan soluble fibers in a range between 2 and 19% dry weight,
wherein the complex carbohydrate are from grains of a cereal, which have been treated by the steps of
B1. Submerging said grains in water for in the range of 2 to 12 hours, and
B2. Germinating said grains for in the range of 10 to 80 hours; and
wherein all ingredients of the composition are of plant origin.

8. A solid food composition comprising:

- a protein in a range between ~~3~~ 5 and 18% dry weight,
- a lipid in a range between 8 and 25% dry weight,
- a complex carbohydrate in a range between 35 and 80% dry weight, wherein the complex carbohydrate is a carbohydrate molecule comprising at least three monosaccharide molecules bound to form a chain,
- beta-glucan soluble fibers in a range between 2 and 19% dry weight

wherein the complex carbohydrate are from grains of a cereal or a pseudocereal, which have been treated by the steps of
B1. Submerging said grains in water for in the range of 2 to 12 hours, and
B2. Germinating said grains for in the range of 10 to 80 hours; and
wherein all ingredients of the composition are of plant origin.

9. The solid food composition according to claim 7, wherein the complex carbohydrate is comprised in grains of a cereal or a pseudocereal, and the composition comprises said grains or parts thereof.

10. The solid food composition according to any one claims 7 to 8, wherein said composition has a level of phytic acid below 5‰, preferably below 4‰, such as below 3‰.

11. A solid food composition according to any one of claims 7 to 9 for use in the treatment or prevention of a metabolic disorder.

12. The solid food composition according to claim ~~10~~11, wherein the metabolic disorder is selected from the group consisting of obesity, diabetes type II, gestational diabetes mellitus, polycystic ovary syndrome (PCOS), androgen deficiency in a male individual and any combinations thereof.

13. The solid food composition according to any one of claims 7 to 9 for use in a method of reducing blood sugar levels, blood sugar fluctuations, low-density lipoprotein (LDL) cholesterol, insulin fluctuations, and/or BMI in an individual.

14. The solid food composition according to any one claims 7 to 9 for use in a method of reducing inflammation in an individual.

15. The solid food composition according to any one of claims 7 to 9 for use in a method of normalizing a dysbiotic microbiota in an individual.

16. The solid food composition according to any one of claims 7 to 10, wherein said composition further comprises a drug.

17. A kit-of-parts comprising the solid food composition according to any one of claims 7 to 10 and a drug.

18. The composition or the kit-of-parts according to any one of claims 15 to 16, wherein said composition or said kit-of-part is for use in a method of reducing gastro-intestinal side effects of said drug.