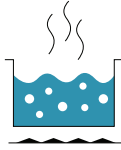


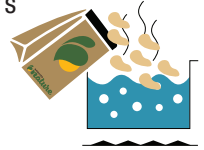
# Nature's PRIME<sup>®</sup> Cooking Instructions



- 1 Add 10 cups of water or broth to a 3-4 quart size pot and bring to a rolling boil.



- 2 Stir in one package of Nature's PRIME protein.



3 **Mini Bits, Bits, Large Bits, Shreds or Slices**

Keep on low boil for **10 minutes**, stirring occasionally. For more tender product, increase the cooking time.

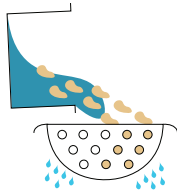
**Mini Pieces, Poppers, Nuggets or Tenders**

Keep on low boil for **15 minutes**, stirring occasionally. For more tender product, increase the cooking time.

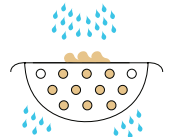
**Chunks, Filets or Large Filets**

Keep on low boil for **20 minutes**, stirring occasionally. For more tender product, increase the cooking time.

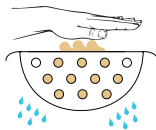
- 4 Pour into a large strainer.



- 5 Run cold water over cooked Nature's PRIME protein until cool to the touch.



- 6 Press firmly to remove excess water.



- 7 Add to your favorite recipe and enjoy!



**IMPROVED**  
**nature**<sup>®</sup>  
Better Protein for a Better Planet™

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