



# ANCIENT GRAINS BLEND

www.eatwildrice.ca

UNIT SIZES: 2.5 kg, 5kg, 10kg, 25kg COOK TIME: 20 minutes

## INGREDIENTS

Brown rice, sprouted crimson lentils, sorghum, wild rice, quinoa

## COOKING INSTRUCTIONS

**Cook Like Pasta:** Fill large pot with water and add in blend. Bring to a boil. Cook for 20-25 mins depending on desired texture. Strain.

### Stove Top:

1. In a large pot, combine 1 cup Floating Leaf Ancient Field Blend and 2 cups of water or broth.
  2. Bring to a boil
  3. Reduce heat to low and simmer for 20 minutes..
  4. Remove from heat & let stand, covered, for 5 minutes.
  5. Drain. Serves 4-6.
- Refer to manufacturer's instructions to prepare rice in a rice cooker

Nutrition Facts	
Valeur nutritive	
Per 1/4 cup (45 g) / pour 1/4 tasse (45 g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
<b>Calories / Calories 160</b>	
<b>Fat / Lipides 1.5 g</b>	<b>2%</b>
Saturated / saturés 0.2 g	1%
+ Trans / trans 0 g	
Omega-6/oméga-6 0.5g	
Omega-3/oméga-3 0.1g	
<b>Cholesterol / Cholestérol 0 mg</b>	<b>0%</b>
<b>Sodium / Sodium 3 mg</b>	<b>1%</b>
<b>Potassium / Potassium 180 mg</b>	<b>5%</b>
<b>Carbohydrate / Glucides 32 g</b>	<b>11%</b>
Fibre / Fibres 3 g	12%
Sugars / Sucres 1 g	
<b>Protein / Protéines 6 g</b>	
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	0%
Calcium / Calcium	2%
Iron / Fer	10%
Thiamine / Thiamine	10%
Vitamin B6 / Vitamine B6	8%
Folate / Folate	15%
Phosphorus / Phosphore	15%
Magnesium / Magnésium	20%
Zinc / Zinc	15%
Selenium / Sélénium	8%
Copper / Cuivre	10%
Manganese / Manganèse	35%



## PRODUCT HIGHLIGHTS

- Consistent 25 minute cook time
- High in plant-based protein
- 5 unique textures, 5 different flavors
- Multi-use: Buddha bowls side dishes, soups, salads, stuffings
- Ziploc package for freshness and convenience
- Excellent source of fibre, carbohydrates, energy
- Suitable for vegans
- Complete plant-based protein

