



Dorothy's DIY Gruel Kit

COOKING INSTRUCTIONS

Refrigerate any gruel to
be eaten within 5 days.

To store longer, freeze and
store for up to 6 months.

Multigrain Multiseed Cereal

Nutrition Facts

5 servings per container

Serving size 1 bowl (8 oz) (227g)

Amount Per Serving

Calories 360

% Daily Value*

Total Fat 14g **18%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 48g **17%**

Dietary Fiber 8g **29%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

Protein 14g **28%**

Vitamin D 0mcg 0%

Calcium 50mg 4%

Iron 4.2mg 25%

Potassium 390mg 8%

Vitamin E 3.9mg 25%

Thiamin 0.3mg 20%

Riboflavin 0.2mg 15%

Niacin 2.5mg 15%

Vitamin B6 0.3mg 20%

Folate 70mcg DFE 15%

Pantothenic Acid 0.6mg 15%

Phosphorus 280mg 20%

Magnesium 135mg 30%

Zinc 1.8mg 15%

Selenium 10mcg 20%

Copper 0.5mg 60%

Manganese 1.2mg 50%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Water, Amaranth, Buckwheat, Millet, Rolled Oats, Steel-Cut Oats, Quinoa, Raw Unsalted Sunflower Seeds, Raw Unsalted Pepitas, Flaxseed

Dorothy's Power Foods, LLC
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All ingredients are certified gluten-free, Non-GMO, and organic. Municipal drinking water is micro-filtered through a Berkey Purification system to remove 99.99% of 200+ contaminants

Made in a facility that also processes milk, eggs, wheat, peanuts and other tree nuts, salmon, crab, shrimp, coconut

Join a community that believes in local, nutritious food that improves our health and local food system.



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www.DorothysPowerFoods.com

NET WT 40 OZ (1135 g)



Mom was remarkable. In her 70s, she showed symptoms of a genetic heart condition and rather than accept fate, she studied how to counter it. She radically transformed her diet and changed her lifestyle to stay active, build relationships, and keep learning.

She lived a full life until she was 95.

When she passed, I was experiencing the same symptoms in my late 50s. It led me to decide to spend the rest of my time doing something meaningful, honoring my parents lives.

So I started Dorothy's Power Foods, and our first product is the healthy, filling cereal she ate almost every morning. She felt it was the foundation of her health transformation.



**Dorothy's
Power Foods**

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Welcome to our community!

As part of your health journey, we're grateful that you've chosen to make Dorothy's Power Gruel a centerpiece of your morning meal.

Our cereal will leave you feeling energized, satisfied, and ready to take on your day! Made from organic, non-GMO, and gluten-free ingredients, Dorothy's Power Gruel is full of vitamins, minerals, and fiber, and there are no additives, artificial flavors, or preservatives. Dorothy's Power Gruel is a power-packed canvas for creating a customized nutritious meal with the addition of your preferred fruits, milks, or other toppings.

This kit makes an entire batch of Dorothy's Power Gruel (five meals based on a one-cup serving). Refrigerate any gruel to be eaten within 5 days. To store longer, freeze and store for up to 6 months. OK, let's get started!



Instructions

In a saucepan, bring 4 1/2 to 5 cups water to a boil, depending on the thickness you prefer.

1. Add grain in the container labeled STEP 1 (steel-cut oats) and bring back to a boil:

Set timer to 30 minutes

Reduce the heat to a simmer and cook for 10 minutes, stirring occasionally.

With 20 minutes remaining

2. Add the grains in the container labeled STEP 2 (amaranth, millet, buckwheat, tri-color quinoa) to the saucepan and simmer for 15 minutes, stirring occasionally.

With 5 minutes remaining

3. Add the grain/seeds in the container labeled STEP 3 (rolled oats, pepitas, sunflower seeds) and simmer 5 minutes, stirring more frequently as the grains can stick to the bottom of the pan.

When the timer is done

4. Remove from heat. Add the ground seed in the container labeled STEP 4 (Ground Flaxseed). Mix well.
5. Let gruel set by cooling for 10-15 minutes.

So I cooked it, now what?

Yay! You've made Dorothy's Power Gruel! Eat it right away or use the containers to store for future meals.

Be sure to rinse the bowls if you'd like to re-use them for storage.

1. Refrigerate any gruel to be eaten within 5 days. To store longer, freeze and store for up to 6 months.
2. Do not use the paper storage containers in a microwave oven. If using a microwave to heat gruel, use a microwave-safe dish.
3. For more on preparing the gruel after it's cooked, read the instructions on the shipping box, or look on **DorothysPowerFoods.com** (Our Products/Gruel Cooking & Serving) for cooking instructions and serving ideas.

