

Gluten Free
GMO Free



Sprouted Organic

Diakon Radish Seed, Whole Grain & Bean

Gluten Free

Ingredients

Organic brown rice, organic wild rice, organic sprouted black beans, organic sprouted millet, organic hulled millet, organic daikon radish seeds

Cooking Instructions

1. Place 1 cup of the blend and 2.5 cups of water in a small pot, cover, and bring to a boil on medium high heat.
2. Reduce heat to medium low and simmer covered for 45 minutes until all water is absorbed.
3. Remove from heat and let stand covered for 5 minutes.

- Consistent cook time
- Only sprouted blend on the market
- Non GMO
- Gluten free
- Zip-lock packages for freshness and convenience
- Suitable for high-end dining
- Cholesterol free
- Sodium free
- Source of fibre
- 6 different textures



Nutrition Facts Valeur nutritive

Per 1/4 cup (45 g) / pour 1/4 tasse (45 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 160	
Fat / Lipides 1 g	2%
Saturated / saturés 0.2 g	1%
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	0%
Sodium / Sodium 3 mg	1%
Carbohydrate / Glucides 32 g	11%
Fibre / Fibres 3 g	12%
Sugars / Sucres 1 g	
Protein / Protéines 5 g	
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	0%
Calcium / Calcium	0%
Iron / Fer	8%
Thiamine / Thiamine	8%
Vitamin B6 / Vitamine B6	8%
Folate / Folate	6%
Pantothenate / Pantothénate	6%
Phosphorus / Phosphore	10%
Magnesium / Magnésium	20%
Zinc / Zinc	10%
Selenium / Sélénium	10%
Copper / Cuivre	6%
Manganese / Manganèse	50%



Restaurant quality

Floating Leaf
eatwildrice.ca



UNIT SIZE	CASE PACK
2.5 kg	2

