



PRAIRIE BLEND

www.eatwildrice.ca

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

INGREDIENTS

Sprouted French lentils, brown rice, yellow split pea, millet, wild rice, quinoa

COOKING INSTRUCTIONS

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

Stove Top: In a small pot, combine 1 cup of rinsed blend and 2 1/4 cups of water.* Bring to a boil. Reduce heat to low simmer, COVER and cook for 20 minutes. Remove from heat and let stand for 5 minutes. Drain excess water. Refer to manufacturer's instructions to prepare rice in a rice cooker

Nutrition Facts	
Valeur nutritive	
Per 1/3 cup (45 g) / pour 1/3 tasse (45 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 160	
Fat / Lipides 1 g	2%
Saturated / saturés 0.3 g	2%
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 1 mg	1%
Carbohydrate / Glucides 31 g	10%
Fibre / Fibres 3 g	12%
Sugars / Sucres 1 g	
Protein / Protéines 7 g	
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	0%
Calcium / Calcium	2%
Iron / Fer	10%
Thiamine / Thiamine	6%
Vitamin B6 / Vitamine B6	6%
Phosphorus / Phosphore	8%
Magnesium / Magnésium	10%
Zinc / Zinc	8%
Manganese / Manganèse	20%



PRODUCT HIGHLIGHTS

- 20 minute cook
- 100% natural unseasoned
- Consistent cook time
- 6 different textures
- Complete protein
- Colourful presentation
- Sprouted Lentils for better nutrient absorption
- Use in salad, bowls, side dish, entree

