



# SPROUTED BROWN RICE SPLIT PEA BLEND

www.eatwildrice.ca

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

## INGREDIENTS

Sprouted brown rice, split pea, wild rice, quinoa, hulled millet

## 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 Sprouted Brown Rice Blend and 2 cups of water or broth. Bring to a boil.
2. Cover, reduce heat to low simmer and cook for 20 minutes.
4. Remove from heat and let stand, covered for 5 minutes. Drain.

To Prepare in rice cooker please follow cookers instructions and use same water ratios. Add more water if needed to reach desired texture.

\* Substitute water for broth/stock for enhanced flavour.

Nutrition Facts	
Valeur nutritive	
Per 1/4 cup (45 g) / pour 1/4 tasse (45 g)	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories 160</b>	
<b>Fat / Lipides 1.5 g</b>	<b>2 %</b>
Saturated / saturés 0.3 g	2 %
+ Trans / trans 0 g	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium / Sodium 4 mg</b>	<b>1 %</b>
<b>Potassium / Potassium 170 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 5 g</b>	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	8 %
Thiamine / Thiamine	6 %
Vitamin B6 / Vitamine B6	6 %
Phosphorus / Phosphore	8 %
Magnesium / Magnésium	15 %
Zinc / Zinc	6 %
Selenium / Sélénium	8 %
Manganese / Manganèse	35 %



## PRODUCT HIGHLIGHTS

- Consistent cook time 20 mins
- Conventional blend ideal for everyday restaurants
- Side dishes, salads
- Zip-lock packages for freshness and convenience
- Cholesterol Free
- Sodium Free
- Non-GMO

