



Eat well. Live well.

- ✓ 6g Fiber
- ✓ 6g Protein
- ✓ Low Sodium



Perfect
SENSE™

LifeSides™ *Gluten Free*

Sprouted Rice Pilaf

A Blend of Ancient Super Grains

Tomato Basil Chipotle



NET WT 5 oz. 142 g

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Directions:

- Combine entire package contents with 1 ½ cups water or broth in a medium-sized saucepan.
Optional: add 1 Tbsp. butter or olive oil.
- Cover and bring mixture to a boil.
- Reduce heat to medium-low and simmer for 17 minutes.
- Turn off heat and let mixture rest for 5 minutes.
- Stir, season to taste, and serve.
Yield: 3-4 servings

Creative Inspirations:

- Replace part of the cooking liquid with diced tomatoes & green chilies for a spicy kick.
- Add any combo of beans, cheese, and/or meat; spoon into a tortilla for a burrito.
- Add to your favorite homemade soup for a nutritious twist.



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This package sold by weight, not by volume.
Contents may have settled during shipping.

Nutrition Facts

Serving Size 1/4 Cup (43g)
Servings Per Container about 3.5

Amount Per Serving			
Calories	150	Calories from Fat	10
		% Daily Value*	
Total Fat	1g		2%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	120mg		5%
Potassium	220mg		6%
Total Carbohydrate	29g		10%
Dietary Fiber	6g		24%
Sugars	2g		
Protein	6g		
Vitamin A	4%	Vitamin C	4%
Calcium	2%	Iron	10%
Thiamin	15%	Phosphorus	15%
Magnesium	10%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat	9	• Carbohydrate 4 • Protein 4

INGREDIENTS: Organic Precooked & Sprouted Brown Rice, Organic Tricolor Quinoa, Organic Precooked & Sprouted French Lentils, Organic Precooked Green Split Peas, Organic Precooked Yellow Split Peas, Organic Split Red Lentils, Organic Tomato Basil Chipotle Seasoning (Organic Tomato, Organic Garlic, Organic Balsamic Vinegar, Organic Sugar, Organic Onion, Organic Chipotle Chili, Organic Basil, Organic Rosemary, Organic Thyme, Salt, Organic Maltodextrin).

Packaged in a peanut-free facility.

Manufactured by Hodgson Mill, Inc.
1100 Stevens Avenue, Effingham IL 62401
Certified Organic by OTCO.