KAMUT® Wheat

Sorghum

Ready In 20 Minutes!

& Teff

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%1

% Daily Value

09 L





TEAR HERE.







about 3 servings per container Serving size 1/4 cup dry (45g)

(makes 3/4 cup prepared)

Have a Grain Day!..

Butter & Chive

Total Carbohydrate 31g **Sodium** 300mg Cholesterol Omg Trans Fat 0g Saturated Fat 0g Total Fat 1g Calories gnivies req fnuomA

Iron 2mg Calcium 27mg Vitamin D Omcg Includes 1g Added Sugars %Z Total Sugars 1g %**†**l Dietary Fiber 4g

%0I %Z %0

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4 *The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

AMUT® is a registered trademark of Kamut International, Ltd.

WHOLE **GRAIN**

TEAR HERE.

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Produced in a peanut free facility. Produced on shared equipment. May contain traces of soy. Hodgson Mill, Inc., 1100 Stevens Ave. Effingham, IL 62401 • 800.525.0177 CONTAINS: Milk, Wheat. Sugar, Natural Flavor (Tapioca Maltodextrin), Yeast Extract, Organic Spices, Dehydrated Chives. **d** 🔼 🛨 INGREDIENTS: Organic Cracked Whole Grain KAMUT Khorasan Bulgur Wheat, Pearled and Cracked White Sorghum, Whole Grain Teff, Organic Onion Powder, Sea Salt, Organic Garlic Owder, Organic Hondat Dry Willy, Organic Cane Sulvanic Hondar Dry Willy, Organic Cane Sulvanic Hondar Dry Willy, Organic Cane

NCIENT GRAIN

Butter & Chive

NETWT5 02. (142 g.)

CLEAR

Hodgson Mill, Inc., 1100 Stevens Ave. Effingham, IL 62401 , 800.525.017

Our Customer Service Team is always happy to hear from you. Comments and questions welcome.





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Find cooking tips, recipe ideas and more about supergrains online!

- Try as a whole grain replacement for mashed potatoes
- Serve with grilled chicken, salmon, white fish or pork • Great with delicate veggies like asparagus, peas & carrots

 - - Creative Meal Ideas:

 - 5. Stir, season to taste, and serve. Yield: about 3 servings. 4. Remove from heat and let rest covered for 5 minutes.
 - 3. Reduce heat to medium-low & simmer 14-15 minutes. 2. Cover with lid and bring to a boil.
- Optional: add 1 Tbsp. butter or olive oil. medium sized saucepan with lid (nonstick works best). 1. Add contents from bag + 1-1/2 cups water or broth into

Directions:

or try in salads, soups, wraps, casseroles & more! Enjoy anytime in place of boring rice or mashed potatoes, Tangy Teff, the world's smallest grain, adds amazing nutrition.

fluffy texture. Tender cracked Sorghum adds creamy sweetness. Whole grain KAMUT® Wheat lends its rich, buttery flavor and thousands of years, enhanced with delicious modern flavors.

Savor delightful ancient grains, which people have enjoyed for