

STURDIWHEAT HOT CEREAL

DIRECTIONS

Servings	1	2	4
Sturdiwheat cereal	1/4 cup	1/2 cup	1 cup
Water	1/2 cup	1 cup	2 cups
Salt (optional)	1/4 tsp.	1/2 tsp.	1 tsp.

Stove Top

1. Combine cereal, cold water and salt in saucapan.
2. Bring to boil, stirring occasionally.
3. Reduce heat and cook gently for 3-5 minutes or to the desired consistency.

Microwave (1 serving)

1. Combine cereal, cold water in large bowl.
2. Heat on "high" setting for 2-3 min. Stir.
3. Let stand one minute.

Delicious served with brown sugar, cinnamon, maple syrup, dried fruit or jam. **KEEPS BEST FROZEN**



Net WT. 22 OZ (625g)

Grains blended to be a **source of complete protein** (all eight essential amino acids included)
 • Tryptophan • Lysine • Methionine
 • Phenylalanine • Threonine • Valine • Leucine • Isoleucine
Free of preservatives and chemical additives

Nutrition Facts

	Amount / Serving	% DV*	Amount / Serving	% DV*
Total Fat	1g	2%	Total Carbohydrate	25g 8%
Saturated Fat	0g	0%	Dietary Fiber	5g 10%
Cholesterol	0mg	0%	Sugars	1g
Sodium	0mg	0%	Protein	10g

Ser. Size 1/4 cup (48g)
 Servings Per Container 16
Calories 140
Fat Cal. 10

*Percent Daily Values (DV) are based on a diet of 2,000 calories a day.
 Vitamin A 0% • Vitamin C 0% • Calcium 1% • Iron 2%

Ingredients: Selected portions of wheat, soya grits, and wheat germ.
Sturdiwheat Inc.

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