

YOUR[®] Super Food

BOLIVIAN QUINOA, 80 % Green LENTILS, 20 % Vegan

YOUR Super Food, Quinoa-Lentils is made with Bolivian Quinoa and Green Lentils grown in the US. We use fresh Onions, fresh Bell Peppers and even fresh Garlic to get the right Tex-Mex flavor with tomato and some spices. It is fully cooked and ready to heat and serve.

14 g of plant Protein in every pouch

DIRECTIONS: Cut at the notch to make a small vent and heat in a microwave for about 1 min. Empty the pouch in a serving dish. For stove top, empty the pouch in a heavy skillet and heat on low heat to desired serving temperature.

INGREDIENTS: Quinoa, Tomato, Fresh Onion, Lentils, Fresh Bell Pepper, Extra Virgin Olive Oil, Fresh Garlic, Spices, Salt.

Following are unedited photos of the Quinoa-Lentils from the pouch and a freshly made Quinoa-lentil Salad:



Lentils mostly dissolve and are not very visible, but the flavor is !

Nutrition Facts	Amount/Serving	% DV *	Amount/Serving	% DV *
	2 servings per container	Total Fat 5g	7%	Total Carb. 30g
Serv. Size 4 oz (113g)	Sat. Fat 0.5g	3%	Fiber 4g	14%
Calories 190 per serving	<i>Trans Fat</i> 0g		Total Sugars 1g	
	Cholest. 0mg	0%	Incl. 0g Added Sugars	0%
	Sodium 390mg	17%	Protein 7g	
	Vitamin D 0mcg 0% • Calcium 30mg 2% • Iron 2.7mg 15% Potassium 340mg 8%			