

Organic Superfood Cereal

Country of Origin: Canada from domestic and imported ingredients

Certified Organic

Pro-Cert Organic

Nutrition Facts	
Valeur nutritive	
Per 2 tbsp (28 g) / par 2 c. à soupe (28 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 120	
Fat / Lipides 6g	9 %
Saturated / saturés 0.5g + Trans / trans 0 g	3 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 0 mg	0 %
Carbohydrate / Glucides 15g	5 %
Fibre / Fibres 4 g	16 %
Sugars / Sucres 5 g	
Protein / Protéines 4 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	6 %
Iron / Fer	8 %

Allergen Information:

This product may contain sesame, milk, soy, wheat, gluten, and tree nuts.

Factoid:

Buckwheat is actually not related to wheat and is often used as a gluten free alternative to it. When cooking buckwheat, if a firmer texture is desired, it can be slowly cooked in a shallow saucepan to absorb less water. The hulled kernels are known as groats but when roasted are referred to as kasha—commonly eaten in Russia and Eastern Europe. Chia seeds are considered a super food because they are packed with nutrients such as calcium, omega 3 fatty acids, protein, and fibre. The name chia comes from the Aztec word 'chian' which means oily. Chia seeds have been cultivated by Aztec and Mayan groups since around 1500 BC to 900 BC, and used as food since 3500 BC. Hemp seeds are rich in essential fatty acids, dietary fibre, vitamins, and provide a complete source of protein. The seeds' valuable oil is used for medicinal, cosmetic, and culinary purposes.

Ingredients:

Organic chia seeds, organic buckwheat groats, organic hemp seeds, organic Thompson raisins, organic dried cranberries (organic cranberries, organic sugar, organic sunflower oil), organic buckwheat kasha, organic cinnamon.

Recipe:

left coast
ORGANICS

Morning Superfood Breakfast Boost

Ingredients:

2 Tbl organic superfood cereal

4 Tbl milk, dairy or non-dairy

1 C yogurt

Chopped fruits of your choice

Instructions:

1. Combine organic superfood cereal and the milk in a bowl so the cereal is submerged. Let soak for a minimum of 5 minutes.
2. Stir in the yogurt.
3. Top with chopped fresh fruits of your choice.

