



Bluebird Grain Farms LLC.
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Nutrition Facts

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

Amount Per Serving

Calories 150

% Daily Value*

Total Fat 1.5g	2%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 32g	12%
Dietary Fiber 5g	18%
Total Sugars <1g	
Includes 0g Added Sugars	0%
Protein 4g	8%
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1.8mg	10%
Potassium 60mg	2%
Niacin 0.6mg	4%
Magnesium 10mg	2%
Zinc 0.3mg	2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CONTAINS: WHEAT

INGREDIENTS: Organic Red Jasmine Rice, Organic Rye Berries, Organic Emmer Farro (Wheat), Organic Sonora Wheat Berries

CONTAINS: WHEAT

Organic Ancient Grain Blend

A hearty, whole grain combination of red Jasmine rice, Heritage Rye berries, Ancient Emmer Farro and Heritage Sonora soft white wheat berries. Selected to cook evenly while offering a wonderful mix of tastes and textures.

Cooking Instructions:

On stovetop, bring 3 cups of water or stock to a boil. Add 1 cup Ancient Grain Blend and return to boil. Reduce heat to simmer. Cover and cook, stirring occasionally, for 40 minutes or until the grain is tender.

Suggested Uses

- Add to soup or salads
- Toss with sautéed vegetables and sauce or seasoning
- Serve as a side with your favorite meat dish
- Add nuts and raisins for a healthy hot breakfast cereal.
- Great for stuffings or pilafs

Country of Origin: USA
 Certified Organic by: Washington State Dept. of Agriculture
 Certified Kosher by: BDMC
 Allergen Alert: Contains Wheat
 Processed in a Nut Free Facility

STORE IN A COOL, DRY PLACE (55F) in a sealed container.