

Product Name: Puffed Quinoa

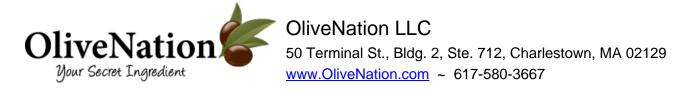
Description: Prepared from quinoa that has been dried, cleaned (saponin removal) and toasted. Nutritional values are for uncooked quinoa.

Physical Properties						
Appearance	Rounded seeds, tan to cream color.	Rounded seeds, tan to cream color.				
Size	Small grains, typical of puffed quinoa	Small grains, typical of puffed quinoa.				
Organoleptic Properties						
Flavor	Typical of quinoa grain, slightly swee	Typical of quinoa grain, slightly sweet, crunchy				
Microbiological Properties						
Standard Plate Count	Maximum: 100,000 cfu/g	Method: FDA BAM or AOAC equivalent				
Coliform	Maximum: 100 MPN/g	Method: FDA BAM or AOAC equivalent				
Yeast	Maximum: 1000 cfu/g	Method: FDA BAM or AOAC equivalent				
Mold	Maximum: 1000 cfu/g	Method: FDA BAM or AOAC equivalent				
E. Coli	<10 cfu/g or <3 MPN/g	Method: FDA BAM or AOAC equivalent				
Salmonella	NEG/375g	Method: FDA BAM or AOAC equivalent				
Packaging, Labeling, Storag	e					
Packaging	Bag in Box, Food Grade Paper Bag, c	or to Customer Specification				
Receiving Conditions	Product should be shipped and handle	Product should be shipped and handled in a sanitary manner.				
Storage Conditions	Store in a dry, cool place.	Store in a dry, cool place.				
Shelf Life	36 months (under optimum storage co	36 months (under optimum storage conditions).				
Other						
Gluten Status	the gluten proteins found in wheat, ry	This product (and if applicable its ingredients) by nature does not contain the gluten proteins found in wheat, rye or barley. This product has not been tested to verify gluten levels less than 20 ppm.				
Natural Status		This product is a 100% pure, natural substance. It does not contain any artificial, synthetic or natural identical additives.				
BE Status	This product does not contain bioengi	This product does not contain bioengineered ingredients.				
Vegan Status		This product does not contain any animal derived products including meat, milk, seafood, eggs, honey or bone char.				



Product Name: Puffed Quinoa

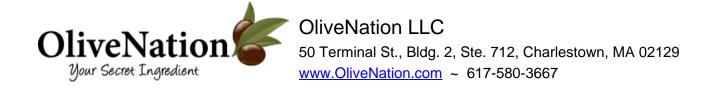
Halal Status	This product does not contain alcohol, natural L-cysteine extracted from hair or feathers, animal fats and/or extracts, bloods of any origin, blood plasma, pork and/or other meat by-products & alcohol is not used as a processing aid.
SDS Waiver	To the best of our knowledge this product is non-hazardous and not subject to the requirements of 29 CFR 1910.1200. Although this product does not require specific hazard precautions, users should take care to minimize personnel exposure and workplace contamination.



ALLERGEN STATEMENT FOR PUFFED QUINOA

above co of the fo allergen	es the item intain any ollowing s or their tives?"	"Q #2: Is the produced on that comes in any of the allerge	equipment contact with following	"Q #3: Is the item above produced in a facility that uses or processes these allergens?"		ALLERGENS	
YES	NO	YES	NO	YES	NO		
	х	Х		Х		MILK	
	х	Х		х		EGGS	
	х	Х		Х		SOYBEANS	
	х	Х		Х		WHEAT	
	х		х		х	PEANUTS	
	х	Х		Х		TREE NUTS	
	х		х		Х	FISH	
	х		Х		х	CRUSTACEAN SHELLFISH	
	х	Х		Х		SESAME	
	х	Х		Х		MUSTARD	
	Х	Х		Х		ADDED SULFITES	

Equipment is cleaned and sanitized between production runs to prevent allergens from contaminating non-allergenic products.



Product Name: Puffed Quinoa

Certified Kosher ParveProtein14.12gProtein14.12gCarbohydrate64.16gMoisture13.27gAsh2.38gFat6.07gNurritional AnalysisServing Size100.00gCalories368.00Total Fat6.07gSaturated Fat0.71gTrans. Fat0.00gCholesterol0.00mgSodium5.00mgTotal Carbohydrates64.16gDietary Fiber7.00gSugars0.00gProtein14.12gVitamin A14.00IUVitamin C0.00mgCalcium47.00mgIron4.57mgAdded Sugars0.00gVitamin D0.00mg	Ingredient Statement					
Certified Kosher ParveProtein14.12gProtein14.12gCarbohydrate64.16gMoisture13.27gAsh2.38gFat6.07gNurritional AnalysisServing Size100.00gCalories368.00Total Fat6.07gSaturated Fat0.71gTrans. Fat0.00gCholesterol0.00mgSodium5.00mgTotal Carbohydrates64.16gDietary Fiber7.00gSugars0.00gProtein14.12gVitamin A14.00IUVitamin C0.00mgCalcium47.00mgIron4.57mgAdded Sugars0.00gVitamin D0.00mg	Quinoa.					
Proximate AnalysisProtein 14.12 gCarbohydrate 64.16 gMoisture 13.27 gAsh 2.38 gFat 6.07 gNutritional AnalysisServing Size 100.00 gCalories 368.00 gTotal Fat 6.07 gSaturated Fat 0.71 gTrans. Fat 0.00 gCholesterol 0.00 mgSodium 5.00 mgTotal Carbohydrates 64.16 gDietary Fiber 7.00 gSugars 0.00 gVitamin A 14.00 IUVitamin C 0.00 mgCalcium 47.00 mgIron 4.57 mgAdded Sugars 0.00 gVitamin D 0.00 mg	Product Certifications					
Protein 14.12 gCarbohydrate 64.16 gMoisture 13.27 gAsh 2.38 gFat 6.07 gNutritional AnalysisServing Size 100.00 gCalories 368.00 gTotal Fat 6.07 gSaturated Fat 0.71 gTrans. Fat 0.00 gCholesterol 0.00 mgSodium 5.00 mgTotal Carbohydrates 64.16 gDietary Fiber 7.00 gSugars 0.00 gVitamin A 14.00 IUVitamin C 0.00 mgCalcium 47.00 mgIron 4.57 mgAdded Sugars 0.00 gVitamin D 0.00 mcg	Certified Kosher Parve					
Protein 14.12 gCarbohydrate 64.16 gMoisture 13.27 gAsh 2.38 gFat 6.07 gNutritional AnalysisServing Size 100.00 gCalories 368.00 gTotal Fat 6.07 gSaturated Fat 0.71 gTrans. Fat 0.00 gCholesterol 0.00 mgSodium 5.00 mgTotal Carbohydrates 64.16 gDietary Fiber 7.00 gSugars 0.00 gVitamin A 14.00 IUVitamin C 0.00 mgCalcium 47.00 mgIron 4.57 mgAdded Sugars 0.00 gVitamin D 0.00 mg	Proximate Analysis					
Moisture 13.27 g Ash 2.38 g Fat 6.07 g Nutritional Analysis	Protein	14.12	g			
Ash 2.38 g Fat 6.07 g Nutritional Analysis	Carbohydrate	64.16	g			
Fat 6.07 g Nutritional Analysis	Moisture	13.27	g			
Nutritional Analysis Serving Size 100.00 g Calories 368.00 - Total Fat 6.07 g Saturated Fat 0.71 g Trans. Fat 0.00 g Cholesterol 0.00 mg Sodium 5.00 mg Total Carbohydrates 64.16 g Dietary Fiber 7.00 g Sugars 0.00 g Vitamin A 14.12 g Vitamin C 0.00 mg Calcium 47.00 mg Iron 4.57 mg Added Sugars 0.00 g Vitamin D 0.00 mcg	Ash	2.38	g			
Serving Size 100.00 g Calories 368.00 Total Fat 6.07 g Saturated Fat 0.71 g Trans. Fat 0.00 g Cholesterol 0.00 mg Sodium 5.00 mg Total Carbohydrates 64.16 g Dietary Fiber 7.00 g Sugars 0.00 g Vitamin A 14.12 g Vitamin C 0.00 mg Calcium 47.00 mg Iron 4.57 mg Added Sugars 0.00 g Vitamin D 0.00 mg	Fat	6.07	g			
Calories 368.00 Total Fat 6.07 g Saturated Fat 0.71 g Trans. Fat 0.00 g Cholesterol 0.00 mg Sodium 5.00 mg Total Carbohydrates 64.16 g Dietary Fiber 7.00 g Sugars 0.00 g Protein 14.12 g Vitamin A 14.00 IU Vitamin C 0.00 mg Iron 4.57 mg Added Sugars 0.00 g Vitamin D 0.00 mg	Nutritional Analysis					
Total Fat 6.07 g Saturated Fat 0.71 g Trans. Fat 0.00 g Cholesterol 0.00 mg Sodium 5.00 mg Total Carbohydrates 64.16 g Dietary Fiber 7.00 g Sugars 0.00 g Protein 14.12 g Vitamin A 14.00 IU Vitamin C 0.00 mg Iron 4.57 mg Added Sugars 0.00 g Vitamin D 0.00 mg	Serving Size	100.00	g			
Saturated Fat 0.71 g Trans. Fat 0.00 g Cholesterol 0.00 mg Sodium 5.00 mg Total Carbohydrates 64.16 g Dietary Fiber 7.00 g Sugars 0.00 g Protein 14.12 g Vitamin A 14.00 IU Vitamin C 0.00 mg Calcium 47.00 mg Iron 4.57 mg Added Sugars 0.00 g Vitamin D 0.00 mcg	Calories	368.00				
Trans. Fat 0.00 g Cholesterol 0.00 mg Sodium 5.00 mg Total Carbohydrates 64.16 g Dietary Fiber 7.00 g Sugars 0.00 g Protein 14.12 g Vitamin A 14.00 IU Vitamin C 0.00 mg Calcium 47.00 mg Iron 4.57 mg Added Sugars 0.00 g Vitamin D 0.00 mg	Total Fat	6.07	g			
Cholesterol0.00mgSodium5.00mgTotal Carbohydrates64.16gDietary Fiber7.00gSugars0.00gProtein14.12gVitamin A14.00IUVitamin C0.00mgCalcium47.00mgIron4.57mgAdded Sugars0.00gVitamin D0.00mcg	Saturated Fat	0.71	g			
Sodium5.00mgTotal Carbohydrates64.16gDietary Fiber7.00gSugars0.00gProtein14.12gVitamin A14.00IUVitamin C0.00mgCalcium47.00mgIron4.57mgAdded Sugars0.00gVitamin D0.00mcg	Trans. Fat	0.00	g			
Total Carbohydrates64.16gDietary Fiber7.00gSugars0.00gProtein14.12gVitamin A14.00IUVitamin C0.00mgCalcium47.00mgIron4.57mgAdded Sugars0.00gVitamin D0.00mcg	Cholesterol	0.00	mg			
Dietary Fiber7.00gSugars0.00gProtein14.12gVitamin A14.00IUVitamin C0.00mgCalcium47.00mgIron4.57mgAdded Sugars0.00gVitamin D0.00mcg	Sodium	5.00	mg			
Sugars0.00gProtein14.12gVitamin A14.00IUVitamin C0.00mgCalcium47.00mgIron4.57mgAdded Sugars0.00gVitamin D0.00mcg	Total Carbohydrates	64.16	g			
Protein14.12gVitamin A14.00IUVitamin C0.00mgCalcium47.00mgIron4.57mgAdded Sugars0.00gVitamin D0.00mcg	Dietary Fiber	7.00	g			
Vitamin A14.00IUVitamin C0.00mgCalcium47.00mgIron4.57mgAdded Sugars0.00gVitamin D0.00mcg	Sugars	0.00	g			
Vitamin C0.00mgCalcium47.00mgIron4.57mgAdded Sugars0.00gVitamin D0.00mcg	Protein	14.12	g			
Calcium47.00mgIron4.57mgAdded Sugars0.00gVitamin D0.00mcg	Vitamin A	14.00	IU			
Iron4.57mgAdded Sugars0.00gVitamin D0.00mcg	Vitamin C	0.00	mg			
Added Sugars0.00 gVitamin D0.00 mcg	Calcium	47.00	mg			
Vitamin D 0.00 mcg	Iron	4.57	mg			
	Added Sugars	0.00	g			
Potassium 563.00 mg	Vitamin D	0.00	mcg			
	Potassium	563.00	mg			



OliveNation LLC 50 Terminal St., Bldg. 2, Ste. 712, Charlestown, MA 02129 www.OliveNation.com ~ 617-580-3667

PUFFED QUINOA

Puffed Quinoa has an airy, crisp texture and pleasant toasted taste that's delicious added to granola, snack mixes and baked goods, or eaten as a nutritious breakfast cereal. It is naturally gluten free and therefore suitable for those with gluten allergies and celiac disease.

- Small, round grains with cream to tan color
- Nutritious alternative to puffed rice breakfast cereal
- Good source of protein, amino acids, fiber and certain B vitamins
- Naturally gluten free

Nutrition Facts

STORE IN A DRY, COOL PLACE.

servings per container Serving size about 1 cup (15g)

NON Gmo

GLUTEN

FREE

Amount per serving Calories	60
% Da	aily Value*
Total Fat 1 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium _{0 mg}	0%
Total Carbohydrate 10 g	4%
Dietary Fiber 1 g	4%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%
Protein 2 g	
Vitamin D 0.0 mcg	0%
Calcium 7.1 mg	0%
Iron 0.7 mg	4%
Potassium 84.5 mg	0%

a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS

Quinoa.

BASIC PREP

Ready to eat. No preparation necessary.

SUGGESTED USES

- Enjoy with milk and fruit as a nutritious, high-protein alternative to puffed rice cereal
- Bake into granola
- Add to trail mix to boost protein content
- without adding excess fat or cholesterol
- Sprinkle over salads to add texture
- Add to muffin, pancake or waffle batter for
- a unique texture

RECIPE

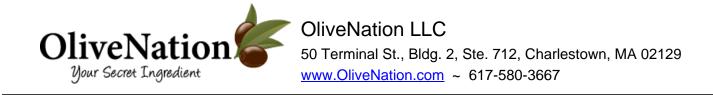
Crispy Quinoa Peanut Butter Treats

3/4 cup dark amber honey 3/4 cup chunky peanut butter 6 cups Puffed Quinoa 2/3 cup dried cherries, roughly chopped Non-stick cooking spray

Spray a 9x13-inch pan with cooking spray and set aside. Heat honey and peanut butter in a large saucepot over medium-low heat until melted, about 3 minutes. Add Puffed Quinoa and dried cherries to the pot and stir until evenly incorporated. Press mixture into greased pan, and chill for 40 minutes. Cut into squares and serve.

Makes 12 squares

Rich and delicious with just four ingredients, these crispy quinoa treats are a sweet, all-natural indulgence that's just as perfect for an afternoon protein fuel-up as they are for dessert.



COUNTRY OF ORIGIN DECLARATION FOR PUFFED QUINOA

THIS PRODUCT ORIGINATES FROM PERU