Nutritional Information on Dried or Dehydrated Foods Packed for Long Term Storage in buckets or cans.



Nutritional Information

#10 Can Labels: Please, note servings per container refers to size #10 cans, which hold about a gallon. Multiply X 7 for the approximate number of servings in a 6 gallon SP (Super Pail), RB (Regular Bucket) or NP (Nitrogen Flushed Pail). For a size #2.5 can divide the number of servings by 4.

16 Bean Soup (17 Items.)	Ingredients: Contains Pinto Beans, Small Red Beans, Small White Beans, Great Northern Beans, Large Lima Beans, Lentils, Baby Lima, Yellow Split Peas, Green Split Peas, Large Kidney, Dark Kidney, Blackeye Peas, Black Turtle, Garbanzo Beans, Pearl Barley, Whole Green Peas, Pink Beans. Directions: Overnight soaking, cover each cup of beans with 3 cups water and let stand overnight or at least 12 hours. For quicker soaking, add dry beans to boiling water, allowing 3 cups water for each cup of beans. Heat to boiling; boil 2 minutes. Remove from heat, cover pan and let soak 1 hour, then cook in same water. To cook, cover and simmer slowly until beans are tender, about 2 hours. Add more water if necessary. Season with salt, pepper, onion, garlic, bouillon, or meat stock. Net wt. 84 oz. per #10 Can, Case of 6 cans wt. 37 lbs. Serving size:. 1 cup cooked and drained (40 g) Servings per container: 60
10 Bean Soup Mix	Ingredients: Same as 16 Bean Soup above. Started as 10 Bean Soup and has been increased

	to 16 Bean Soup.
Adzuki Beans	Ingredients: Adzuki beans
6 Grain Rolled Cereal (6 Way)	Ingredients: Red wheat, Rye, Oats, Barley, Sunflower Seeds, White Wheat. Directions: Cook 1/2 cup flakes in 1 cup water. Simmer 5-8 minutes. Yields 1 cup. Net wt. 56 oz. #10 can, Case of 6 cans wt. 21 lb. Serving size: (56 g) 1/2 cup uncooked Servings per container: 28
7 Grain Mix	Ingredients: Hard White Wheat, Hard Red Wheat, Pearl Barley, Brown Rice, Triticale, Rye and Millet. Directions: Grind and use as flour or cook as hot cereal. Net wt. 84 oz. #10 can, Case of 6 cans wt. 33 lb. Serving size: 1/2 cup (57 g) Servings per container: 33.
9 Grain Cracked Cereal	Ingredients: Red Wheat, Soft White Wheat, Pearl Barley, Oats, Corn, Millet, Flax, Hulled Barley, and Rye. Directions: Cook 1/2 cup with 1 cup water for 10-15 minutes or until tender. Serve with honey and milk. Also great in breads. Net wt. 72 oz. Case wt. 21 lb. Serving size: 1/2 cup uncooked (42.5 g) Servings per container: 48
ABC Soup Mix	Ingredients: Pearl Barley, Green Split Peas, Yellow Split Peas, Rice, Lentils, ABC Pasta. Directions: Rinse and sort 1 1/2 cups soup mix. Add to 2 quarts boiling seasoned stock made from chicken, beef, ham or other meat. Meat Sub. or vegetarian stock may also be used. Chopped vegetables may be added, if desired. Simmer, covered about 90 minutes or until tender. Season as desired and serve. Net wt. 84 oz. Case wt. 31 lb. 8 oz. Serving size; 1/2 cup cooked (57 g) Servings per container: 42
Apple Slices	Ingredients: Low moisture apple slices, prepared

	with sulphur dioxide to prevent browning. Directions: Cover apples with hot water and allow to stand for 30 minutes. Stir occasionally . If cooked apples are desired, bring apples and water to a boil. Cool before using. Approximately 1/2 cup apples to 3/4 cup water. Net wt. 21 oz. Case wt. 7 lb. 14 oz. Serving size; 1/2 cup dry (28.35 g) Servings per container: 21
Applesauce	Ingredients: Dehydrated apples preserved with sulfites. Directions: Add water to cover 1/4 cup sauce. More liquid may be needed for desired texture. For added flavor, add 1/4 tsp sugar. Yields 1/2 cup. a better texture is achieved when allowed to stand for overnight. May also be used in recipes for cooking. Net wt. 46 oz. Case wt. 17 lb. 4 oz. Servings size: 1/2 cup prepared (28.35 g) Servings per container: 46
Baking Powder, Rumford	Ingredients: Calcium acid phosphate, baking soda, cornstarch. Note: Rumford Baking Powder contains no sodium aluminum sulfate which insures against any bitter after-taste.
Bananas	Ingredients: Bananas, honey dipped, turbinado sugar, coconut oil, banana flavoring. Net wt. 36 oz. Case wt. 13 lb. 8 oz. Serving size: 1/2 cup (28.35 g) Servings per container: 36 Directions: Eat as a snack.
Barley, Pearled	Ingredients: 100% pearled barley Net wt. 92 oz. Case wt. 34 lb. 8 oz. Directions: Wash barley. Soak in enough water to cover until soft, approximately 4 hour. For convenience, soak overnight. Cook in enough water to cover for 1-1

	1/2 hours. Season and use in soup, buttered as substitute for macaroni, or mashed potatoes. Enjoy as a hot breakfast cereal with sugar and cream. Serving size: 1/4 cup dry (33 g dry) Servings per container: 80
Baking Soda	Ingredients: Sodium bicarbonate U.S.P.
Beef Flv. Noodle Soup	Ingredients: Egg noodles, cabbage, red and green bell peppers, celery, carrots, onions, sodium bisulfite and starch added as preservatives. Broth packet: salt, dextrose, beef fat, monosodium glutamate, caramel, onion powder, hydrolyzed vegetable protein, silicon dioxide, disodium inosinate, disodium guanylate, artificial flavors, spice extractives. Net wt. 2 lbs. Serving size: 4 1/2 cups Servings per container: 7 Directions: 2/3 cup mix, 4 t soup base and 4 cups water yield 4 1/2 cups soup 1/2 can mix, 1 packet soup base and 1 gal water yield 5 quarts soup Combine noodle vegetable mixture to water. Bring to a boil and simmer 10 to 15 minutes. Add broth powder from packet. Stir and serve.
Beef Flv. Rice Fricassee	Ingredients: Beef Flavored Meat Sub. - Rice Mix: Parboiled rice, textured vegetable protein, (soy flour, monosodium glutamate, flavoring, salt, cellulose, turmeric, coloring). Seasoning Mix: flour, modified starch, salt, monosodium glutamate, sugar, chicken fat, onion powder, disodium inosinate and guanylate, natural and artificial flavoring, spices and spice extractives; oxygen interceptor added to maintain freshness. Net wt. 4

	lbs. Serving size: 2 2/3 Tbls. Meat Sub. + 1 Tbls. Seasonings Servings per container: 48 Directions: 1/2 cup Meat Sub., 3T Seasoning Mix and 2 cups water yields 3 six oz servings 1 cup Meat Sub., 6T seasoning mix and 4 cups water yields 5 six oz servings 1 can Meat Sub., 54 T seasoning mix and 9 quarts water yields 48 six oz servings Add Seasoning Mix to cold water and mix thoroughly until completely dissolved. Add Chicken Flavored Meat Sub. - Rice Mixture and let stand for ten minutes. Bring to a full boil. Turn heat to low, cover pot and simmer for fifteen minutes, stirring occasionally. *Amount of water may be varied to suite taste and consistency.
Beef Flv. Stew	Ingredients: Stew Blend: Beef flavored textured vegetable protein (soy flour, salt, MSG, spices, whey solids, flavorings, hydrolyzed vegetable protein, caramel color, disodium inosinate, disodium guanylate, niacin, calcium pantothenate, ferrous sulfate, vitamin B6, riboflavin, vitamin B12 and dicalcium phosphate), potatoes, carrots, white onions, cabbage, peas, celery, tomato flakes, red and green bell peppers, spinach. Gravy Mix: flour, modified starch, hydrolyzed protein, salt, beef fat, MSG, onion powder, caramel color, natural and artificial flavors, disodium inosinate, disodium guanylate, spices. Net wt. 40

	oz. Serving size: 1/2 cup Servings per container: 44 Directions: 1 cup stew mix, 3T gravy mix and 2 1/2 cups water yield 4 half-cup servings 1 can stew mix, 2 cups gravy mix and 6 1/2 quarts water yield 44 half-cup servings Pour cold water into pan, add Gravy Mix and stir until dissolved, Add Stew Mix and let stand for about 10 minutes. Stirring constantly, bring to a boil. Cover pan and simmer for approximately 10 minutes or until vegetables are tender. *Amount of water may be varied to suit taste and consistency.
Beef Flv. Stroganoff	Ingredients: Egg noodles (enriched flour, whole eggs), textured vegetable protein (partially hydrogenated soybean oil, hydrolyzed corn/soy/wheat gluten protein, autolyzed yeast), cornstarch, whey, wheat flour, salt, onion powder, cultured cream, non-fat milk solids, maltodextrin, spices, natural flavors, lactic acid, sodium phosphates, sodium casenates, caramel color, mono & diglycerides, garlic powder, MSG, and parsley flakes. Net wt. 49 oz. Serving size: 3/4 cup Servings per container: 16 Directions: For one serving, mix 3/4 cup noodle-Meat Sub. mix to 2 cups water. Stir in 1/4 cup gravy mix. Bring to a boil. Simmer for 15-20 minutes. Season to taste. For creamier stroganoff, use 1 1/2 cup water and 1/2 cup milk. Yields 1 cup.
Beef Flv. Gravy Mix	Ingredients: Flour, Partially hydrogenated soybean oil, corn starch, sea salt, cane sugar, hydrolyzed vegetable protein, onion, mono & diglycerides, garlic, dipotassium phosphate, silicon dioxide,

	disodium insonate and disodium guanlyate, lecithin, natural flavor, maltodextrin, carmel color. Net wt. 20 oz. Case wt. 33 lbs. Serving size: 1/4 cup (28.35 g) Servings per container: 20 Directions: Mix 1/4 cup mix with 3/4 cup water. Add to potato or rice dishes as flavoring.
Beef Flavored Stew Blend	Ingredients: Stew Blend: Beef flavored textured vegetable protein (soy flour, salt, MSG, spices, whey solids, flavorings, hydrolyzed vegetable protein, caramel color, disodium inosinate, disodium guanylate, niacin, calcium pantothenate, ferrous sulfate, vitamin B6, riboflavin, vitamin B12 and dicalcium phosphate), potatoes, carrots, white onions, cabbage, peas, celery, tomato flakes, red and green bell peppers, spinach. Gravy Mix: flour, modified starch, hydrolyzed protein, salt, beef fat, MSG, onion powder, caramel color, natural and artificial flavors, disodium inosinate, disodium guanylate, spices. Net wt. 40 oz. Serving size: 1/2 cup Servings per container: 44 Directions: --- 1 cup stew mix, 3T gravy mix and 2 1/2 cups water yield 4 half-cup servings --- 1 can stew mix, 2 cups gravy mix and 6 1/2 quarts water yield 44 half-cup servings --- Pour cold water into pan, add Gravy Mix and stir until dissolved, Add Stew Mix and let stand for about 10 minutes. Stirring constantly, bring to a boil. Cover and simmer for approximately 10 minutes or until vegetables are tender. *Amount of water -- any be varied to suit taste and

	consistency.
Bouillon, Beef	Ingredients: Salt, hydrolyzed plant protein, onion powder, sugar, corn oil, caramel color, spice extractive, natural and artificial flavoring. Net wt. 120 oz. Case wt. 31 lb. 14 oz. Serving size: 1 tsp. (4 g) Servings per container: 801 Directions: (for 1 cup) Mix 1/2 tsp. to 1 cup water. Use in soups, gravy, or as a broth.*CONTAINS NO MSG. 850 mg. NaCl per serving.
Bouillon, Chicken	Ingredients: Salt, hydrolyzed plant protein, sugar, chicken fat, dried onion, whey, natural flavorings and turmeric. Net wt. 120 oz. Case wt. 31 lb. 14 oz. Serving size: 1 tsp. (4 g) Servings per container: 801 Directions: (for 1 cup broth) Add 1/2 tsp. of bouillon to 1 cup water. Use in soups, gravy, or as a broth. *CONTAINS NO MSG. 850 mg NaCl per serving
Broccoli	Ingredients: 100% low moisture chopped broccoli. Sodium sulfite added as a preservative. Net wt. 20 oz. Case wt. 7 lb. 8 oz. Serving size: 1/2 cup reconstituted (14.17 g) Servings per container: 40 Directions: Add 1/4 cup broccoli to 1/2 cup water. Allow to stand 10-15 minutes. Add to cheese sauce. Or simmer and season for vegetable. May be added to stews, and soups.
Brownie, Fudge	Ingredients: Sugar, Enriched unbleached flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin), Vegetable shortening (partially hydrogenated soybean oil), Dutched cocoa (processed with alkali), cocoa, sweet whey, corn syrup solids, fructose, egg whites, honey, lecithin, modified food starch, natural and artificial

	flavorings, leavening (sodium acid phosphate, sodium bicarbonate, corn starch, mono calcium phosphate). No Preservatives. Store in a cool, dry place. Net wt. 84 oz. Serving size:. 1 Brownie (37.5g. 1/4 cup dry mix. Servings per container: 64 Directions: Add 3 cups brownie mix to to 3/4 cup warm water. (For cake brownies add an additional 1/8 cup warm water.) Mix on low speed for 1 minute. Pour into 9" X 13" pan prepared with food release or pan liner. Bake for 375 degrees F for 20-25 minutes. A #10 can makes 4 batches.
Butter Powder	Ingredients: Butter, non-fat milk solids, sodium caseinate, antioxidant (BHA). Directions: Take 1 tbsp. butter powder and add 1 tbsp. water. Mix well. May add small amounts of vegetable oil for added texture and flavor. When used in baking, it is not necessary to reconstitute. Simply add to dry ingredients and increase liquid. Net wt. 44 oz. #10 Can -- Case of 6 wt. 16 lb. 8 oz. Serving size: 1 tbsp. (7 g) Servings per container: 176
Buttermilk Solids	Ingredients: Buttermilk Solids Net wt. 68 oz. Case wt. 25 lb. 5 oz. Serving size: 3 Tbps. dry 21 gm Servings per container: 113 Directions: Best when used in baking. For every cup of powdered buttermilk needed, add 3-4 tbsp. powder to dry ingredients and increase water in recipe. May be mixed in blender and allowed to stand overnight.
Carrots	Ingredients: Dehydrated diced carrots, starch coated. No preservatives added. Net wt. 38 oz. Case wt. 14 lb. 4 oz. Serving size: 1/2 cup cooked (21 g)

	Servings per container: 51 Directions: Combine 1/2 cup carrots dices to 1-1 1/2 cup water. Bring to a boil. Cover and simmer for 15 minutes or until tender. Drain. Season as desired and serve. Yield: 1 cup cooked carrots. Added uses: add to soups, stew, or casseroles.
Celery, Cross Cut	Ingredients: Cross cut celery stalk, no preservatives added. Net wt. 20 oz. Case wt. 7 lb. 8 oz. Serving size: 1/2 cup reconstituted (14.17 g dry) Servings per container: 40 Directions: For each 1/2 cup serving, measure 1/4 cup celery and add 1/2 cup water. Let stand for 1/2 hour. For faster results, use hot water. May add without reconstituting to stews, soups, casseroles, meats, and other dishes for flavoring.
Cheddar Cheese	Ingredients: Dehydrated blend of Cheddar cheese (milk, cheese culture, salt, enzymes), cream, salt, sodium phosphate, lactic acid. Net wt. 54 oz. Serving size: 1/4 cup - 1.04 oz. Servings per container: 52 Directions: Can be used wherever a cheese flavor is needed. It can be frozen in dishes. It is excellent in baked goods, snack foods, table toppings, canned items.
Cheese Blend	Ingredients: A dehydrated blend of whey, food starch modified, cheddar cheese (pasteurized milk, salt, annatto extract, cheese culture, enzymes), partially hydrogenated soybean oil, salt, nonfat milk, natural and artificial flavors, lactic acid, disodium phosphate, yellow 5, yellow 6. Net wt. 65 oz. Case wt. 24 lb. 6 oz. Serving size: 1/4 cup (14 g) Servings per container: 130

	Directions: Gradually combine cheese blend with hot water. Stir together until smooth and creamy. Water Blend Yield Spread 3/4 cup 3/4 cup 1 cup Sauce 1 cup 1/2 cup 1 cup
Cheese Cake - No Bake	Ingredients: Dried bakers cheese, sugar, buttermilk, dextrose, modified food starch, vegetable shortening (contains one or more of the following oils: soybean, cottonseed, canola), mono and diglycerides, maltodextrine, sodium caseinate, natural & artificial flavors, tetrasodium phosphate, carrageenan gum, calcium phosphate, sodium citrate, citric acid, lecithin, artificial colors with FD & C Yellow #5, Yellow #6.Net wt. 4 lbs. Serving size: 3 oz. slice Servings per container: 62 Directions: Pour 1 1/2 cups cold water in mixing bowl (use milk if you want it extra good). Add 1 1/2 cups Cheese Cake Mix. With wire whip mix on low speed for one minute. Stop mixer. Scrape sides of bowl, mix at medium speed for 5-6 minutes. Longer mixing or faster speed will make lighter and smoother cheese cake. Pour batter into graham cracker lined pie or cake pan.
Chicken Fricassee	Par Boiled Rice, Textured Vegetable Protein Chicken Bits, Gravy.
Chicken Noodle Soup	Ingredients: Egg noodles (enriched durum semolina flour, whole egg) cream soup base: enriched bleached flour, partially hydrogenated soy bean oil, cornstarch, sea salt, cane sugar, hydrolyzed phosphate, silicon dioxide, disodium inosinate, disodium guanylate, lecithin, natural flavoring. Net wt. 30 oz. Serving size: 1 cup (2 oz dry) (65g) Servings per container: 24

	Directions: For each serving, cook 1/2 cup dry noodles in 1 cup boiling water until tender. Without draining noodles, add 2 tbsp. seasoning from packet. Cook 3 more minutes or until blended well. This soup compares to an instant cup of soup and may also be cooked in a microwave.
Clear Jel	Ingredients: Modified food starch. Serving size: 1 tbsp. 4g Directions: Clear Jel is an amazing food starch that thickens food instantly without cooking. It resembles cornstarch and the results are similar. Clear Jel reduces the amount of sugar needed in certain recipes. It thickens foods instantly, yet it can be used in cooking as well. It stores indefinitely. Add Gel slowly to hot or cold liquid using a wire whisk. Stir until smooth. Allow 10 minutes for cold liquids to reach maximum thickness. Refrigerate or freeze finished produces for future use if desired. Replaces cornstarch, flour, and tapioca as thickener.
Cocoa Drink Mix	Ingredients: Sugar, sweet dairy whey, corn syrup solids, partially hydrogenated soy oil, Dutch cocoa, non-fat dry milk, natural and artificial flavor, sodium chloride, sodium caseinate, carrageenan, mono- and diglycerides, dipotassium phosphate, lecithin, sodium silicoaluminate. Directions: Add 1/4 cup cocoa mix to 8 ounces hot water and mix well.
Corn Syrup Solids	Ingredients: Corn syrup solids. Directions: Stir 1/4 cup water into 1 cup of the Corn Syrup Solids and let stand overnight to form a light corn syrup. To rehydrate in a shorter time, combine Corn Syrup Solids and water in the top of a double boiler. Add hot water to the lower half of the double boiler and

	let stand until all the Corn Syrup Solids are dissolved.
Cornstarch	Ingredients: 100% cornstarch. Directions: To thicken hot liquids, mix cornstarch with a little cold liquid until smooth before adding to hot liquids. May also be stirred into sugar before adding to recipe. When recipe calls for flour to thicken sweets and stews, use half as much cornstarch as flour. Ironing: Prepare in a pan of water. Dip Clothes to be ironed in liquid and ring out. Let sit until damp, then iron.
Creamy Potato Soup	Ingredients: Deluxe cream soup base, (enriched wheat flour, partially hydrogenated soybean oil, cornstarch, sea salt, cane sugar, hydrolyzed vegetable protein, onion, mono and diglycerides, garlic, dipotassium phosphate, silicon guanylate, lecithin, natural flavor), potatoes, onions, parsley, chicken flavoring (vegetarian). Net wt. 56 oz. Case wt. 26 lb. Serving size: 1 cup cooked (8 fl. oz. or 362 g) Servings per container: 44 Directions: Mix 1/2 cup powder with 2 cups water. Stir until dissolved. Bring to boil. Simmer for 30 minutes. Stir occasionally.
Dough Enhancer	Ingredients: Processed from Whey, Lecithin, Vitamin C, Corn Starch, Sea Salt, Spices, Honey Powder and Herbs. For whole wheat bread add 1 1/2 to 2 rounded tablespoons per 6 cups whole wheat flour. For white bread add 1 teaspoon dough enhancer to 6 cups white flour.
Egg Mix, Scrambled	Eggs, milk and shortening powders. Makes fluffy scrambled eggs.
Eggs, Whole Powdered	Ingredients: 100% whole egg solids Net wt. 48 oz. Case wt. 18 lb. Serving size: 1 tbsp. (13 grams) (equals 1 egg)

	Servings per container: 108 Directions: Mix 1 tbsp. of egg with 2 tbsp. of water. Equals 1 egg. Use for any recipe that calls for eggs. When using with other dry ingredients, it is not necessary to reconstitute egg. Simply add to other dry ingredients and increase liquid measurements by necessary amount. NOTE: Salmonella negative as determined by the U.S. RDA method of analysis. Care should be taken in handling and storing.
Fruit Galaxy	Low Moisture Peaches, Apples, Grapes, Apricots, Maraschino Cherries. Ingredients: Low moisture peaches, apples, grapes, apricots, maraschino cherries (cherries: sugar, corn syrup, citric acid, artificial flavor, benzoate of soda, and potassium sorbate), sulfur dioxide, sodium sulfite, calcium stearate added as preservatives. Net wt. 44 oz. Case wt. 16 lb. 8 oz. Serving size: 1/2 cup dried (28.35 g) Servings per container: 44 Directions: Place 2 3/4 cups water in a sauce pan. Stir in 1 cup fruit. Bring to a boil. Cover. Simmer 5-10 minutes. Alternate method: Combine water and fruit and allow to stand in refrigerator at least 5 hours.
Granola, Super Nutty	Ingredients: Rolled Oats, Honey, Canola Oil, Coconut, Almonds, Sesame Seeds, Sunflower Seeds, Cashews, Walnuts, Salt, Vanilla, Soy Lecithin, Epazote, Prune Powder, Cardamon, Fennel, Fenugreek and Nutmeg. Net wt. 48 oz. Case wt. 18 lb. Serving size: 1/2 cup (555) Servings per container: 24 Directions: Serve as breakfast cereal with hot or cold milk; serve with fresh or canned fruit. Use as

	topping for ice cream, puddings, and yogurt. Convenient backpacking, hiking and snack food.
Honey Wheat Bread Mix	Ingredients: Stone ground whole wheat flour, sugar, unbleached enriched flour (niacin, reduced iron, thiamine mononitrate, riboflavin), bran, vegetable shortening (soya or cottonseed) powdered honey, powdered molasses, brown sugar, powdered whole eggs, sweet dairy whey, sodium bicarbonate, salt, xanthan gum, cinnamon, natural and artificial flavor. Net wt. 68 oz. Serving size: 1/3 cup 18 g Servings per container: 44 Directions: Dissolve 2 tbsp. yeast in 2 1/4 cups warm water. Add 6 cups roll mix and knead until dough is smooth and elastic (if using electric bread mixer with dough hook, mix on 2nd speed for 10-20 minutes or to full development)*. Let rest for 15 minutes. Place a dish towel or cloth over dough. For bread: divide into 3 pieces, shape into loaves, place into well greased bread pans. Let rise in pans until dough is approximately 1 inch over top of pan, about 30-40 minutes. For rolls: divide into 36 pieces and place on baking sheet until dough has doubled in size. Cover dough with towel while it is raising. Place in preheated oven. For bread: bake at 400 degrees for 20-25 minutes. For rolls: bake at 400 degrees for 12-15 minutes. Remove from oven and butter tops.
Super Lecithin Powder	Ingredients: Defatted Soya Flour, Liquid Soya Lecithin, Dolomite. Directions for Better Baking: Use lecithin in baking breads, rolls, muffins, biscuits, pancakes, etc. by adding approximately 3 Tbsp. per 3-4 cups of flour. Directions for Personal Use: Daily serving: Three tablespoons (1 Tbsp. per

	meal) or as directed. This powder can be sprinkled on cereal, salads, stew or casseroles, or added to protein drinks and juices blended in a juicer. Contains no artificial colors, preservatives, sugar, starch or animal by-products.
Margarine Powder	Ingredients: Partially hydrogenated vegetable oil, whey solid, sodium caseinate, salt, mono and diglycerides, lecithin, flavor, color. Directions: Blend together 4 tbsp. powder with 4 tbsp. water. For added flavor, add 1/2 tsp. vegetable oil. Mix until creamy and chill. May be used as a spread or in cooking. Net wt. 44 oz. #10 Can Case of 6 cans wt. 16 lb. 8 oz. Serving size: 1 tbsp. (7 g) Servings per container: 176
Morning Moo, Chocolate	Ingredients: Cane sugar, whey, nonfat dry milk, partially hydrogenated soybean oil, cocoa, corn syrup solids, sodium caseinate, guar gum, mono and diglycerides, salt, dipotassium phosphate, lecithin, Vitamin A palmitate, vitamin D3 (cholecalciferol). Net wt. 64 oz. Case wt. 24 lb. Serving size:. 2 Tbsp Servings per container: 64 Directions: Dissolve 3/4 cup mix with 1 cup of hot water by shaking vigorously in a closed container or by mixing in a blender or mixer. Add enough cold water to 1 quart. More Information . . .
Morning Moo, White	Ingredients: Made from sweet dairy whey, non-fat dry milk solids, partially hydrogenated vegetable oil (contains one or more of the following: canola oil and/or soya oil), corn syrup solids, sodium caseinate, dipotassium phosphate, propylene glycol monostearate, mono and diglycerides, lecithin, carrageenan, Vitamin A, Vitamin D. Net wt. 64 oz. Serving size: 8 fluid oz.

	Directions: For 1 quart mix 1/2 cup rounded mix to 2 cups hot water. Shake vigorously. Add 2 more cups cold water. Chill in closed container before serving. May be diluted by adding more water or creamier by adding more powder. Fifty lbs of White Morning Moo should make about 70 gallons of Moo Milk. More Information . . .
Mountain Stew	Potato Dices, Textured Vegetable Protein Beef Bits, Peas, Carrots, Textured Vegetable Protein Beef Gravy.
Pancake Mix, 6 Grain Granola Pancake Mix	Ingredients: Unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin), sugar, red winter wheat, oats, soft white wheat, rye, triticale, barley, soy flour, leavening (sodium bicarbonate, monocalcium phosphate monohydrate), partially hydrogenated soy oil, dextrose, whole eggs, salt, sweet whey, nonfat dry milk, lecithin, buttermilk, isolated soy protein, calcium caseinate, sodium caseinate. Net wt. 63 oz. Case wt. 23 lb. 10 oz. Serving size: 1/2 cup (65g) (three 4" pancakes) Servings per container: 28 Directions: Add 2 1/2 cup cold water to 3 1/3 cups mix. Do not over mix. Add more water until desired consistency. NOTE: Water level may vary on desired thickness of pancakes. Preheat oiled skillet, griddle, 375 degrees. Cook pancakes 1 1/4-1 1/2 minutes per side or until golden brown, turning only once. For waffes, use 2 cup cold water to 2 1/4 cups mix and 3 tbs. of oil. Batter will be slightly oiled and preheated waffle iron.
Pancake Mix, Buttermilk	Ingredients: Enriched bleached flour, (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin), sugar, soy flour, dextrose, leavening

	(sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), modified starch, vegetable shortening, (partially hydrogenated soybean and cottonseed oils), whole eggs, buttermilk, salt, soy lecithin, nonfat milk. Net wt. 63 oz. Case wt. 23 lbs. 10 oz. Serving size: 1\2 cup dry mix (57 g dry) Servings per container: 78 3-4" pancakes Directions: Mix 3 1/2 cups mix with 2 1/2 cups water (less for thicker pancake), stirring gradually. Do not over mix. Cook on hot griddle. Yields 21 4" pancakes. pancakes. For waffles, add 2 eggs and 3 tbsp. oil.
Peach Slices	Ingredients: Low moisture peach slices, sulfur dioxide to prevent browning. Net wt. 52 oz. Case wt. 19 lbs. 8 oz. Serving size: 1/2 cup dried (57 g) Servings per container: 26 Directions: Cover with water and let stand until soft. Eat as fruit or in pies and cobblers. May be eaten as a snack.
Peanut Butter Powder	Ingredients: Partially defatted peanut flour Net wt. 48 oz. Case wt. 18 lb. Serving size: 1 tbsp. (6 g) Servings per container: 240 tbsp. Directions: Add 1 tsp of water to 1 tbsp. peanut flour. Add small amount of sugar for taste. A small drop of vegetable oil may be added for texture and for flavor. To use in baking, it is not necessary to reconstitute. Increase liquid according to recipe. Nutritional Facts per serving: Calories 33 Calories from fat 18 %Daily Values* Fat 2 g 14% Sat fat 0 g Protein 2 g 6% Total Carbohydrates 1 g 0% Dietary Fiber 1 g 4% Sugar 0 g Vitamin A 0% Vitamin C 0% Iron 9% Calcium 0% Sodium 0%

	Cholesterol 0 g 0% Thiamine 7% Riboflavin 1% Niacin 14%
Iodized Salt	Ingredients: Iodized salt
Real Salt	Ingredients: Real Salt which comes from a natural mineral rock salt deposit deep in the earth. It is a natural product so the analysis may vary slightly. Below is a summary of analysis taken several times over the last few years. No heating, no preservatives, no additives. Real salt comes from a rock salt quarry. It enhances the flavor and adds minerals in their natural form. It requires less than the regular amount of salt to flavor foods.
Shortening Powder	Ingredients: Hydrogenated soybean oil, corn syrup solid, sodium caseinate, mono and diglycerides. Directions: Add 1/2 cup water to 1/2 cup powder. For moistness add small amounts of water until desired texture. Add small amount of vegetable oil for added flavor and texture. May be used for baking.
Sour Cream Powder	Ingredients: Sour Cream Powder, cultured non-fat milk solids, citric acid, and BHA and BHT added to improve stability. Net wt. 48 oz. Serving size: 1/4 cup Servings per container: 48 Directions: Add 6 Tbls. water to 1 cup Sour Cream Powder mixing thoroughly. This makes a thick sour cream. To obtain a thin sour cream add more water. Use as is and blend with dry ingredients in appropriate recipes. Use as directed in any recipe.
Spanish Rice Casserole	Par Boiled Rice, TVP Beef Bits, Spanish Soup Mix.
Spanish Soup	Ingredients: Modified wheat, starch, corn syrup solids, partially hydrogenated soybean oil, sour

	cream powder (cream, nonfat milk, culture, enzyme, BHT, tomato powder, potatoes, salt, natural flavors, olive oil, HPV, spice, bell peppers, dipotassium phosphate, corn, mono and diglycerides, beta carotene, autolyzed yeast extract and color. Net wt. 20 oz. Serving size: 1/4 cup dry Servings per container: 20 Directions: Mix 1/2 cup mix with 2 cups water and simmer for soup. Add rice or beef for more flavoring.
Spinach	Ingredients: Spinach preserved with sodium sulfite. Net wt. 8 oz. Serving size: 3 oz. Servings per container: 48 Directions: Add 1 cup spinach flakes to 1 1/2 cups water and 1/2 tsp. salt. Bring to boil and simmer 10 to 15 minutes. For improved flavor we suggest adding a little sugar to satisfy your taste, or approximately 1/2 tsp. or more sugar per cup of dehydrated product.
Stroganoff Style Casserole	Noodles, Beef Bits, Stroganoff Mix.
Sugar, Brown	Ingredients: Brown sugar. Directions: Use as a sweetener in cereals, in baking. Store in air tight container to keep moistness in. If it should harden, soften by placing a slice of moist bread on top of sugar and cover tightly for several days. One Half Cup contains these percentages of RDA: Sodium 49 mg 2%; Potassium 389 mg 11%; Calcium 10%; Phosphorus 3%; and Iron 20%.
Sugar, Powdered	Ingredients: Sugar, cornstarch (3%). **Not a significant source of Fat, Protein, Fiber,

	Cholesterol, Sodium, Potassium, Iron, Calcium, Vitamin A, Vitamin C. No Preservatives.
Sugar, White	Ingredients: Granulated sugar. **Not a significant source of Fat, Protein, Fiber, Cholesterol, Sodium, Potassium, Iron, Calcium, Vitamin A, Vitamin C. No Preservatives.
Vegetable Noodle Soup Mix	Ingredients: Egg noodles, stew blend, beef bouillon, non dairy creamer. Net wt. Serving size: 3/4 cup Servings per container: Directions: For 1 serving, mix 2 1/2 tbsp. soup mix to 3/4 cup water. Bring to a boil. Simmer for 15 minutes. Season to taste. Yields 3/4 cup. **Mix dry product thoroughly before measuring.
Vegetable Soup Mix	Contains Stew Blend, plus Spinach, and potato slices.
Vegetable Stew Blend	Ingredients: Potato dices, shredded cabbage, sliced onion, carrot dices, celery, tomato dices, red bell pepper, green bell pepper, No preservatives added. Net wt. 24 oz. Case wt. 9 lb. Serving size: 1/2 cup dry (14 g) Servings per container: 48 Directions: (for 2 half cups servings) Add 1/2 cup stew blend to 2 cups water and bring slowly to a boil. Simmer until vegetables are tender (about 10-15 minutes). Season to taste and serve. Makes 1 cup drained. May add bouillon, tomato, and meat. May add as a flavoring to soups and stews.
Whey	Ingredients: Swiss whey powder. Directions: Add in baking breads and other dough for enhanced flavor and texture. % of Daily Values -- based on 2,000 Calorie Diet in 100 Grams: Protein 14 g 40%

	Total Carbohydrates 75 g 25% Dietary Fiber Sodium 650 mg 27% Calcium 50% Potassium 60% Phosphorus 72%

Beans

Dairy / Eggs --

Morning Moo, More Great Information:

Nutritious Drink Mix – a delicious, milk alternative fortified with vitamins & minerals

Features

- Blend of Grade A Sweet Dairy Whey, and Dairy Solids, and nondairy solids

+ Whey is a rich source of nutrients including carbohydrates, trace minerals, and protein

+ Nearly all of the calcium caseinate, butterfat, and cholesterol from the milk used to produce the cheese remains in the cheese

- Fortified with Vitamins A & D
- 90 Calories per 8 oz serving – 30 calories lower than 2 % milk
- Little or no preservatives
- 9% Lactose vs. 20% in regular milk
- Low-fat – 2 grams of fat per 8 oz serving
- Good source of calcium

Shelf Life

- #10 Can (4 lb of product) stored at 70 degrees F. or below will store for approximately 5 years
- Already mixed, refrigerated Morning Moo's® will store approximately 5 – 7 days

Cost Effectiveness - Beats the high cost of regular milk

- Low cost drink mix - Yield: 50 lb bag yields 70 gallons

Taste - Delicious milk-like flavor -- Powdered form

- Resembles non-instant non-fat powdered milk in performance and texture
- Easily blended with warm tap water
- Adaptability:
  - Light or half strength – makes a great skim milk substitute
  - Full strength – great when used in place of milk
  - Double strength – makes an excellent substitute for light cream
  - Triple strength – makes a great condensed milk substitute
  - 1 tsp dry Morning Moo's® makes an excellent coffee creamer

Cooking and Baking

Baking:

- Can be used in recipes as a substitute for milk in an equal volume
- Sifts in well with other dry ingredients
- Has a shortening effect on dough's and facilitate cutting back on the use of shortening.
- Gives crusts a melt-in-your-mouth flakiness
- Adds moisture
- Improves texture
- Gives a beautiful golden brown color to baked goods
- Extends shelf life

Cooking

- Can be used in place of milk in most recipes
- Enhances flavors

Drinks - Flavors

- Available in Regular (milk flavor), Chocolate flavor.
- Excellent variation of a basic drink – add 1/8 tsp flavoring except lemon or lime
- Low calorie milk shake - Chill to an ice and whip in a blender (with or without a flavor or fresh fruit)

Packaging Sizes

- 4 pound double enameled metal can (#10 can)

- 24.25 pound plastic pail
- 50 pound lined bag

Desserts

Flour

Fruits

Grains

Miscellaneous

Mixes

Vegetables