

DAIRY FREE

Mac & Chreese

COOKING INSTRUCTIONS:

- Boil 4 to 6 cups of water in a medium saucepan.
- Add all pasta and return to boil. Cook for 6 to 10 minutes, stirring occasionally, until pasta is ready. Do not overcook as the pasta will become mushy. Strain and thoroughly rinse pasta with cold water to avoid overcooking and to remove excess starch.
- While pasta is draining, mix Chreese® powder and 2/3 cup cold water (or non-dairy milk of choice) in the empty saucepan off of the stove. Stir well (with fork, spoon or hand blender) until the sauce is smooth with no lumps. You may use water, but we prefer the creamier sauce that results from using a milk product.
- Add pasta back into the saucepan and mix well with the sauce.
- Return to stovetop on medium heat while stirring for 1 to 2 minutes as Chreese® cooks and thickens. Stir constantly and thoroughly to avoid sticking.
- Tip: You may stir in 1 to 2 tsp of olive oil or buttery spread to enhance taste and texture.

Enjoy!

Distributed by:
Edward & Sons Trading Co., Inc.
PO Box 1326
Carpinteria, CA 93014
www.edwardandsons.com
Certified organic by QAI



Convenience Without Compromise®
Product of USA

Road's End Organic

Nutrition Facts

Serving Size 1 cup (92g)
Servings Per Container about 2

Amount Per Serving	Dry Mix*	prepared w/ 2/3 cup soy milk
Calories	320	350
Calories from Fat	15	25
	%Daily Value**	
Total Fat 1.5g*	2%	5%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Cholesterol 0mg	0%	0%
Sodium 400mg	17%	18%
Potassium 240mg	7%	10%
Total Carbohydrate 67g	22%	23%
Dietary Fiber 8g	32%	32%
Sugars 2g		
Protein 14g		
Vitamin A	0%	4%
Vitamin C	0%	0%
Calcium	4%	15%
Iron	20%	20%
Vitamin B12	25%	40%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS:
Organic Whole Wheat Elbow Macaroni;
Organic Whole Durum Flour, Water.
Chreese® Mix:
Organic Unbleached Wheat Flour, Enriched Nutritional Yeast (nutritional yeast, niacin (B3), pyridoxine hydrochloride (B6), riboflavin (B2), thiamine hydrochloride (B1), folic acid, vitamin B12), Organic Tapioca Starch, Salt, Organic Garlic Powder, Organic Onion Powder, Organic Ground Yellow Mustard Seed.
Allergen: Contains wheat.



Why we call our cheese alternatives **Chreese®**
(Sounds like "trees")

- All of our ingredients are plant-based, like trees.
- This package is made from 100% recycled paperboard. No trees were chopped down to produce it.
- Organic ingredients are farmed without the use of synthetic chemicals. This helps preserve soil and groundwater and allows plants, animals and trees to thrive!

- Try more great items from Road's End™:
- Organic Pasta Dinners**
 - Shells & Chreese®
 - Penne & Chreese® (GF)
 - Alfredo Mac & Chreese® (GF) (GF) = Gluten Free
 - Organic Quick Gravy™**
 - Golden (GF), Savory Herb (GF) & Shiitake Mushroom (GF) (GF) = Gluten Free



Organic certification assures you of sustainable farming practices, which nourish soil, protect biodiversity and provide a premium to farmers. Consistent with our company policy, organic certification also prohibits the use of GMOs, artificial colors, preservatives and other unwelcome ingredients.

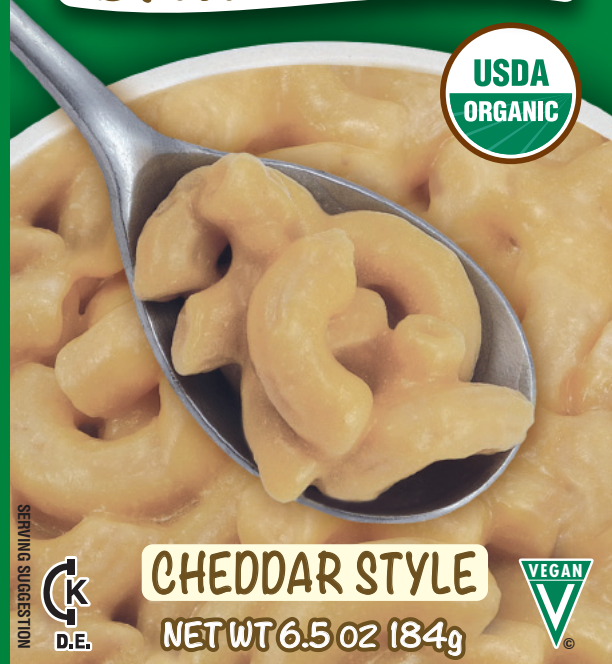


DAIRY FREE
Road's End Organic
Mac & Chreese
CHEDDAR STYLE

Road's End Organic

Mac & Chreese®

DAIRY FREE



CHEDDAR STYLE
NET WT 6.5 OZ 184g



ORGANIC PASTA DINNER

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DAIRY FREE
Mac & Chreese
CHEDDAR STYLE

Questions? email custserv@edwardandsons.com



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Great for growing bodies-

Kids ♥
Mac & Chreese

WHOLE GRAIN
76g Per Serving

VEGAN
We use only PLANT BASED Ingredients

YES
Certified Organic
Good Source of B12 & Fiber

NO
Soy - Nuts - Whey
Casein - Lactose -
Candida Albicans -
Eggs or Cholesterol



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