

**DAIRY FREE**  
**Shells & Chreese®**

**Road's End™ Organic**

**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!**

**Nutrition Facts**

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

Amount Per Serving	Dry Mix*	prepared w/ 2/3 cup soy milk
<b>Calories</b>	320	350
Calories from Fat	15	25
	<b>%Daily Value**</b>	
<b>Total Fat</b> 1.5g*	<b>2%</b>	<b>5%</b>
Saturated Fat 0g	<b>0%</b>	<b>3%</b>
Trans Fat 0g		
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>0%</b>
<b>Sodium</b> 390mg	<b>16%</b>	<b>18%</b>
<b>Potassium</b> 80mg	<b>2%</b>	<b>6%</b>
<b>Total Carbohydrate</b> 65g	<b>22%</b>	<b>22%</b>
Dietary Fiber 3g	<b>12%</b>	<b>16%</b>
Sugars 2g		
<b>Protein</b> 13g		
Vitamin A	<b>0%</b>	<b>4%</b>
Vitamin C	<b>0%</b>	<b>0%</b>
Calcium	<b>4%</b>	<b>15%</b>
Iron	<b>10%</b>	<b>15%</b>
Vitamin B12	<b>25%</b>	<b>40%</b>

\*\*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	Less than	300g	375g
Dietary Fiber		25g	30g

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



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**

- Mac & 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.



**Road's End™ Organic**

**DAIRY FREE**  
**Shells & Chreese®**  
**CHEDDAR STYLE**

**Road's End™ Organic**

**Shells & Chreese®**

**DAIRY FREE**



SERVING SUGGESTION



**CHEDDAR STYLE**  
**NET WT 6.5 OZ (184g)**



**ORGANIC PASTA DINNER**

**Road's End™ Organic**  
**DAIRY FREE**  
**Shells & Chreese®**  
**CHEDDAR STYLE**

Questions? email [custserv@edwardandsons.com](mailto:custserv@edwardandsons.com)



©2015 Edward & Sons Trading Co., Inc.



Great for growing bodies -

**Kids ♥ Shells & Chreese®**

The Great Taste of Childhood - All Grown Up!

**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



Road's End™ & Chreese® are trademarks of Edward & Sons Trading Co., Inc.

Distributed by:  
Edward & Sons Trading Co., Inc.  
PO Box 1326  
Carpinteria, CA 93014  
[www.edwardandsons.com](http://www.edwardandsons.com)  
Certified organic by QAI



Convenience Without Compromise®  
Product of USA

**INGREDIENTS:**  
**Organic Semolina Shells:**  
Organic Semolina 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.