

**GLUTEN FREE**

DAIRY FREE  
**MAC & CHREESE®**  
ALFREDO STYLE  
ORGANIC PASTA DINNER



**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 Chreeze® powder** and 1/2 cup milk product of your choice in the empty saucepan off of the stove. You may use water, but we prefer the creamier sauce that results from using a milk product. **Stir or beat well** until the sauce is smooth with no lumps.
- **Add pasta** back into the saucepan and mix well with sauce.
- **Return to stovetop** on medium heat while stirring.
- **Continue stirring constantly** (1 to 2 minutes) while Chreeze® cooks and thickens.
- **Hint:** You may stir in one or two teaspoons of olive oil or buttery spread to enhance taste and texture.

**Enjoy!**

**Nutrition Facts**

Serving Size 3/4 Cup (85g) dry mix  
Servings Per Container about 2

Amount Per Serving	3/4 cup dry mix*	1 cup dry mix* prepared
<b>Calories</b>	300	330
<b>Calories from fat</b>	20	30
	<b>% Daily Value**</b>	
<b>Total Fat</b> 2.5g*	<b>4%</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> 310mg	<b>13%</b>	<b>14%</b>
<b>Total Carbohydrate</b> 63g	<b>21%</b>	<b>22%</b>
Dietary Fiber 5g	<b>20%</b>	<b>21%</b>
Sugars less than 1g		
<b>Protein</b> 8g		

Vitamin A	0%	2%
Vitamin C	0%	0%
Calcium	2%	10%
Iron	10%	15%
Vitamin B-12	35%	50%

\*Amount in one serving of dry mix. Prepared as directed, 1/4 cup soy milk adds 30 calories, 1g total fat, 30mg sodium, 2g carbohydrate, 2g sugar, and 2g protein.

\*\*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:**

**GF Brown Rice Macaroni:**  
Organic Brown Rice, Water.

**GF Alfredo Sauce Mix:**  
Organic Brown Rice Flour, Organic Tapioca Starch, Enriched Nutritional Yeast (nutritional yeast, niacin (B3), pyridoxine hydrochloride (B6), riboflavin (B2), thiamine hydrochloride (B1), folic acid, vitamin B12), Organic Green Lentil Flour, Salt, Organic Garlic Powder, Organic Oregano, Organic Onion Powder, Organic Basil.

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CERTIFIED ORGANIC BY QAI  
Product of USA



Why do we call our cheese alternatives **Chreeze®** (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 all these great items from Road's End Organics®: (GF = Gluten Free)

- **Organic Pasta Dinners**
- Penne & Chreeze® (GF)
- Alfredo Mac & Chreeze® (GF)
- Shells & Chreeze®
- 123'z & Chreeze®
- Mac & Chreeze®

- **Gravy Mixes (GF)**
- Golden, Savory Herb & Shiitake Mushroom

- **Chreeze® Packets**
- GF Alfredo, GF Cheddar, Mozzarella & Cheddar



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Road's End Organics,  
GLUTEN FREE



DAIRY FREE  
**MAC & CHREESE®**  
ALFREDO STYLE  
ORGANIC PASTA DINNER



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Road's End Organics,  
DAIRY FREE  
**MAC & CHREESE®**

**ALFREDO STYLE**  
ORGANIC BROWN RICE  
PASTA DINNER



GLUTEN FREE  
SOY FREE  
LACTOSE FREE  
CHOLESTEROL FREE



SERVING SUGGESTION



Net Wt. 6 oz 170g

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GLUTEN FREE

DAIRY FREE  
**MAC & CHREESE®**  
ALFREDO STYLE  
ORGANIC PASTA DINNER



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ALFREDO STYLE  
ORGANIC PASTA  
DINNER

**Healthy Benefits:**

- **75g Whole Grain Per Serving**
- **Vegan**
- **No Animal Products**
- **Soy & Nut Free**
- **No Egg**
- **No Whey or Casein**
- **No Candida Albicans**
- **0g Trans Fat**
- **Certified Organic**
- **Lactose Free**
- **Cholesterol Free**
- **Good Source of B12**
- **High Fiber**
- **No Saturated Fat**

*The great taste of childhood all grown up!™*

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