

CUT HERE

**Chreese® (pronounced "trees") Preparation:** Thoroughly mix 1/4 cup of boiling water and contents of envelope in a bowl. If Chreese sauce is too thick, add more boiling water, or 2 teaspoon of olive oil milk product of your choice. If Chreese is too thin, heat in saucepan, stirring constantly until preferred consistency is reached. **Hint:** Make several packets at one time and try an electric hand blender or food processor for even easier mixing. You may store prepared Chreese for 7 days in the refrigerator.

See a cooking video at [www.chreese.com/movies](http://www.chreese.com/movies)

**Recipe for Chreese® Pizza:**

1. Roll out dough and cover with sauce and toppings.
2. For 1 large pie, prepare 3 envelopes (as above) making a thin, but not too runny Chreese.
3. Cover entire pizza with a thin, even layer of Chreese.
4. Bake 10-12 minutes at 500° F.

**Recipe for Chreesy Eggplant Parm:**

Prepare Chreese Sauce as above. Spoon thin layer of sauce on top of cooked eggplant and bake for 2-3 minutes.

**Use Chreese® in place of cheese on all of your favorite foods....**

**Nutrition Facts**

Serving Size 1/3 packet (10g) dry mix  
makes 1 1/3 Tbsp (29g) prepared  
Servings Per Container 3

Amount Per Serving		% Daily Value*	
<b>Calories</b> 35	<b>Calories from Fat</b> 0		
<b>Total Fat</b> 0g		<b>0%</b>	
<b>Saturated Fat</b> 0g		<b>0%</b>	
<b>Trans Fat</b> 0g			
<b>Cholesterol</b> 0g		<b>0%</b>	
<b>Sodium</b> 250mg		<b>10%</b>	
<b>Total Carbohydrate</b> 6g		<b>2%</b>	
<b>Dietary Fiber</b> 1g		<b>4%</b>	
<b>Sugars</b> 0g			
<b>Protein</b> 2g			

Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%
Vitamin B12 0%	Folate 10%

\*Percent Daily Values are based on a 2,000 calorie diet.

**INGREDIENTS:** Organic Unbleached Wheat Flour, Nutritional Yeast, Organic Tapioca Starch, Salt, Organic Garlic Powder.

FE Chreese v9

CASEIN FREE • DAIRY FREE • SOY FREE • CHOLESTEROL FREE • EGG FREE

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"Convenience Without Compromise"™



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**Recipe for Grilled Chreese® Sandwich**

1. Prepare Chreese as above.
2. Melt buttery spread in frying pan on low to medium heat.
3. Spread Chreese inside bread.
4. Brown both outer sides of sandwich for 1-2 minutes.

**Tip:** Add your favorite sliced meat alternative to the sandwich before cooking.

**Chreese® Dip:** Prepare Chreese as above. Blend in a bit more water or olive oil if needed to achieve preferred dip consistency. Serve in bowl alongside cut raw vegetables and Brown Rice Snaps®.

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Servings Per Container 3

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<b>Total Fat</b> 0g		<b>0%</b>	
<b>Saturated Fat</b> 0g		<b>0%</b>	
<b>Trans Fat</b> 0g			
<b>Cholesterol</b> 0g		<b>0%</b>	
<b>Sodium</b> 260mg		<b>11%</b>	
<b>Total Carbohydrate</b> 6g		<b>2%</b>	
<b>Dietary Fiber</b> 1g		<b>4%</b>	
<b>Sugars</b> 0g			
<b>Protein</b> 2g			

Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%
Vitamin B12 15%	Folate 10%

\*Percent Daily Values are based on a 2,000 calorie diet.

**INGREDIENTS:** Organic Unbleached Wheat Flour, Enriched Nutritional Yeast (nutritional yeast, niacin, pyridoxine hydrochloride, riboflavin [vitamin B2], thiamine hydrochloride [vitamin B1], folic acid, Vitamin B12), Organic Tapioca Starch, Salt, Organic Garlic Powder, Organic Ground Yellow Mustard Seed, Organic Onion Powder, Annatto Powder.

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