



EDEN

WHOLE GRAIN FLAKES



## *Rational Nourishment*

Whole Grain Flakes are quick cooking and versatile. Hot and Cold Cereal, Baking, Stews, Soup, as a Thickener in Dishes and Sauces.

Sustaining, Rejuvenating, and Centering – Fundamental Food.

- ▶ Steamed, Roasted, & Rolled
- ▶ Decades Organic Soil
- ▶ Pure & Purifying™
- ▶ U.S. Farm Real Organic
- ▶ Clear Minded Alertness
- ▶ Emotional Balance





Short Grain Lundberg® organic brown rice roasted and rolled into flakes. Quick porridge or porridge ingredient.

A great thickener.

INGREDIENT

Short Grain Brown Rice, organic *Oryza sativa*

UPC | 113055



Charming rye taste and a light texture. Versatile and delicious.

Combines well with Oats.

Use in salad, tabouli, soup, stew, stuffing, cereal, and baked goods.

INGREDIENT

Rye, organic *Secale cereale*

UPC | 113045



Whole grain spelt roasted and rolled flakes. "It makes people's spirit light and cheerful," said St. Hildegard.

INGREDIENT

Spelt Wheat, organic *Triticum spelta*

UPC | 113060



Rational nourishment and exercise are key to health freedom. Whole grain encourages and strengthens well-being. Whole grain imparts long lasting, deep satisfaction.



Real organic Montana whole grain Kamut®. Khorasan wheat. Quick cooking Golden Flakes.

INGREDIENT

Kamut® Wheat, organic *Triticum turanicum*



Whole organic oats, roasted and rolled into flakes. Mix them with the other EDEN Flakes for cereal variety and great taste.

INGREDIENT

Oats, organic *Avena sativa*

