

100% Whole Grain Gluten Free

Good Source of

- › High Quality Protein
- › Complex Carbohydrates
- › Beneficial Fiber
- › Manganese
- › Niacin B3
- › Magnesium
- › Zinc

EDEN
Wild Rice

Whole grain **satisfies hunger** longer and more thoroughly. It helps us to **burn 25% more calories** per day.



What is it?



Wild Rice – the seed or fruit of an annual aquatic reed or grass. **It is not rice of the *Oryza* genus.**

Ancient Species



EDEN Wild Rice is flavorful, fluffy, and ancient *Zizania palustris*. Paddy grown hybrid wild rice of today is hard, even after cooking, and has little flavor.

Also Known As



- › Blackbird Oats
- › Manomin (Good Berry)
- › Marsh Rice
- › Canadian Rice
- › Water Oats

Recipes

Wild Rice is eaten mostly on special occasions. **EDEN Wild Rice belongs in meal planning year round.**

- Soups / Stews
 - Grain Burgers
 - Stuffing
 - Waffles
- free recipes at edenfoods.com



Wild Rice Stuffing

