

## PRODUCT SUMMARY

Gear up for a great day with a sweet crunch! Gary's True Grit Einkorn Flakes Cereal is a nourishing morning meal that the whole family will get excited to wake up for. Made with whole ancient grain einkorn and oat bran, Einkorn Flakes Cereal is crispy and lightly sweetened with coconut sugar. It also has higher levels of protein, trace minerals and a lower gluten level than hybridised, modern wheat. Whether you need a way to fuel up before a busy day or want to sneak a late-night treat, Einkorn Flakes Cereal will be your go-to cereal choice.

## KEY INGREDIENTS

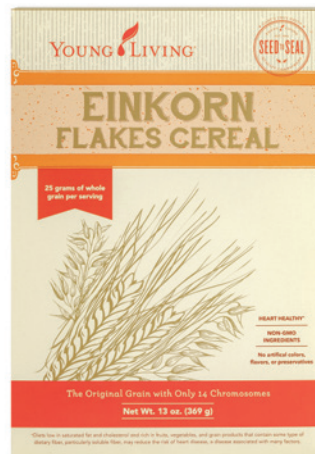
Whole-grain einkorn flour, Oat bran

## EXPERIENCE

With a subtly sweet and bran-like taste and a crunch that lasts even in milk, Einkorn Flakes Cereal has a natural sweetness and crisp that will please the whole family.

## PRODUCT BACKGROUND

Since the inception of Young Living's einkorn product line, Gary Young wanted to develop a cold cereal that everyone will enjoy—and Einkorn Flakes Cereal fills that need. To create a cereal that doesn't turn soggy in your favourite milk, each flake has a minimal coating of coconut sugar. It adds the perfect amount of sweetness and keeps each bite crispy the whole meal through.



## BENEFITS & FEATURES

- Great natural taste
- Low in fat
- No artificial flavours, colours or preservatives
- 25 grams of whole grains and 4 grams of protein in every serving
- May be a good alternative for those who are sensitive to modern wheat
- Einkorn wheat is an ancient grain that contains higher levels of protein and trace minerals and lower gluten levels than today's wheat because of its unique genetic code
- Einkorn wheat does not contain the same protein structure that is found in other types of wheat and may be a good alternative to those who are sensitive to modern wheat

# GARY'S TRUE GRIT® EINKORN FLAKES CEREAL



## DIRECTIONS

Pour a serving of cereal into a bowl and add your favourite milk. For a delicious twist to your morning cereal, add Ningxia Wolfberries or fresh fruit.

## CONTAINS

Wheat (Einkorn); Manufactured in a facility that also processes dairy, wheat, tree nuts and soy.

## INGREDIENTS

### Nutrition Information

#### Nährwertangaben/Näringsinformation

Serving Size/1 Portionsgröße/Portionsstorlek 31 g

Servings Per Container/Portionen je Packung/Portioner per förpackning: about/ca 12

Typical Values Nährwert/Näringsvärde	Serving Per/ Je Portion	Per/Je 100 g
Energy/Brennwert/Energi	402 kJ/96 kcal	1297 kJ/310 kcal
Fat/Fett/Fett	1 g	3.2 g
of which: Saturates davon gesättigte Fettsäuren/varav: Mättat fett	0 g	0 g
Carbohydrate/Kohlenhydrate/Kolhydrater	17 g	55 g
of which: Sugars/davon Zucker/varav: Socker	4 g	13 g
Fibre/Ballaststoffe/Fiber	1 g	3.2 g
Protein/Eiweiß/Protein	4 g	13 g
Salt/Natrium/Natrium	39 g	126 g

Ingredients: Whole grain einkorn flour (Triticum monococcum)

Coconut sugar, Oat Bran, Salt, Tocopherols

Zutaten: Vollkornmehl aus Einkorn (Triticum monococcum)

Kokosnusszucker, Haferkleie, Salz, Tocopherol

Ingredienser: Fullkornig einkorn mjöl (Triticum monococcum),

Kokossocker, Havrekli, Salt, Tocopheroler

Whole-grain einkorn flour, Coconut sugar, Oat bran, Salt, Mixed tocopherols (Vitamin E)

## FREQUENTLY ASKED QUESTIONS

**Q. How many servings are in a box?**

A. There are approximately 12 servings per box.

**Q. Is Einkorn Flakes Cereal vegetarian and/or vegan?**

A. Einkorn Flakes Cereal is both vegetarian and vegan.

**Q. Are any of the ingredients derived from gluten?**

A. Einkorn Flakes Cereal contains einkorn wheat and is not considered gluten free.

**Q. What makes Einkorn Flakes Cereal different from other ancient grain cereals available?**

A. Einkorn Flakes Cereal contains mostly einkorn flour and some oat bran. It has a lower sugar content than most ancient grain cereals and does not contain preservatives, artificial flavours or colours.