

PRODUCT SUMMARY

Einkorn grain predates the processed flour you may find at your nearest supermarket. Thousands of years ago, families gathered around nourishing meals made with this superior ancient grain. Today, we are proud to introduce this tasty, nutrient-rich food into your home!

Gary's True Grit Einkorn Berries are whole kernels from the einkorn plant. After the plant is harvested, dehusked, and cleaned, the final product is called the berry. You can grind these all-natural berries and create your own einkorn flour to bake delicious treats, or you can prepare the grains whole and use them as a base for scrumptious salads and porridges.

KEY INGREDIENTS

Whole ancient grain einkorn berries.

EXPERIENCE

Diversify flavors in your favorite dishes with subtly sweet einkorn berries that the whole family will love. It's a great substitute for quinoa and processed flour. Einkorn berries' low gluten levels may even offer a better option for those who have gluten sensitivities.

PRODUCT BACKGROUND

As pure as einkorn can get, Gary's True Grit Einkorn Berries offer the whole kernel, consisting of the bran, germ, and endosperm. These berries hail from the roots of a simpler life, when people relied on homegrown food.

Offering einkorn in its purest form lets you experience this product directly from Provence, France, and our fields at the Sky rider Wilderness Ranch in Tabiona, Utah, right in your home. This connection of "life from the land" is at the heart of Young Living Founder D. Gary Young's legacy.



BENEFITS & FEATURES

- Perfect for homes that support traditional farming practices
- Known as one of the oldest grain varieties
- Unique genetic codes give einkorn a lower gluten content than modern wheat varieties
- No artificial colors or flavors
- No preservatives
- Non-GMO
- Contains 14 chromosomes, compared to modern wheat with 42 chromosomes
- Can be used in various recipes.

GARY'S TRUE GRIT EINKORN® BERRIES



DIRECTIONS

Basic Cooking Instructions, Yields 3 cups

Ingredients: 1½ cups einkorn berries, 3 cups water

Instructions:

1. Bring 3 cups of water to a rolling boil.
2. Add 1½ cups of einkorn berries and simmer on low for 25-30 minutes.
3. Stir and enjoy!

CAUTIONS

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

Storage: Keep in a cool, dark place. This is not a ready-to-eat food; it should be fully cooked before consumption.

Nutrition Facts

About 50 servings per container
Serving size **1/4 cup (45g)**

Amount per serving
Calories 170

	% Daily Value*
Total Fat 1.5 g	2%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 5 mg	0%
Total Carbohydrate 35 g	13%
Dietary Fiber 4 g	14%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%
Protein 5 g	
Vitamin D 0 mcg	0%
Calcium 19 mg	2%
Iron 2 mg	10%
Potassium 140 mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet; 2,000 calories a day is used for general nutrition advice.

FREQUENTLY ASKED QUESTIONS

Q. Can einkorn berries be eaten straight out of the package?

A. This is not a ready-to-eat food; it should be fully cooked before consumption.

Q. Do einkorn berries contain gluten?

A. Einkorn berries naturally contain gluten.

Q. The packaging says a serving size is ¼ cup. Is that cooked or uncooked?

A. The serving size listed on the package refers to uncooked einkorn berries.

COMPLEMENTARY PRODUCTS

Gary's True Grit®
Einkorn Flour
Item No. 5043



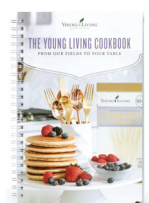
Gary's True Grit®
Pancake and
Waffle Mix
Item No. 5300



Gary's True Grit®
Gluten-Free
Pancake and
Waffle Mix
Item No. 5298



From Our
Fields to Your
Table Cookbook
Item No. 5689



*These statements have not been evaluated by the Food and Drug Administration. Young Living products are not intended to diagnose, treat, cure, or prevent any disease.