

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 organic coconut sugar. It also has higher levels of protein, trace minerals, and a lower gluten level than hybridized, 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 cold cereal choice.

KEY INGREDIENTS

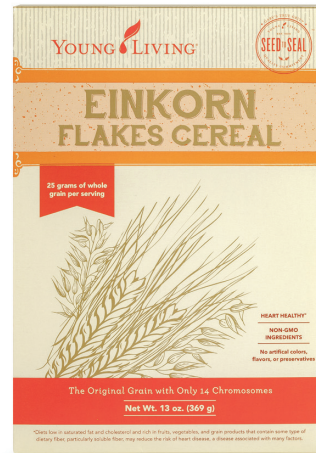
Whole-grain einkorn flour, Oat bran

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 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, with no trans fat
- No artificial flavors, colors, 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
- Diets low in saturated fat and cholesterol and rich in fruits, vegetables, and grain products that contain some type of dietary fiber, particularly soluble fiber, may reduce the risk of heart disease, a disease associated with many factors
- 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 milk or your favorite milk substitute. For a delicious twist to your morning cereal, add Ningxia wolfberries or fresh fruit.

CAUTIONS

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

Nutrition Facts

Serving Size: 3/4 cup (30 g)	
Servings per Container: about 12	
Amount per serving	
Calories 100	Calories from Fat 5
% Daily Value*	
Total Fat 1 g	2%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 40 mg	2%
Total Carbohydrate 19 g	6%
Dietary Fiber 1 g	4%
Sugars 4 g	
Protein 4 g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65 g 80 g
Saturated Fat	Less than 20 g 25 g
Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2,400 mg 2,400 mg
Total Carbohydrate	300 g 375 g
Dietary Fiber	25 g 30 g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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 flavors, or colors.

COMPLEMENTARY PRODUCTS

Organic Dried Wolfberries
Item No. 6360



Gary's True Grit® Einkorn Granola
Item No. 5751



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



Gary's True Grit® Chocolate-Coated
Wolfberry Crisp™ Bars
Item No. 5758

