

## CRISPY QUINOA PUFFS

### AAQN

Description: This product is made from quinoa flour that has been crisped through an extrusion process and then oven dried.

#### Physical Properties

Appearance	Beige to light tan pop crispy quinoa.	Method: Visual observation
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#### Organoleptic Properties

Flavor	Clean, light and crispy quinoa flavor.	Method: Organoleptic analysis
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#### Chemical Properties

Moisture	Maximum: 8 %	Method: Halogen Thermogravimetric Analysis
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#### Microbiological Properties

E. Coli	<10 cfu/g or <3 MPN/g	Method: FDA BAM or AOAC equivalent
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Salmonella	NEG/25g	Method: FDA BAM or AOAC equivalent
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#### Packaging, Labeling, Storage

Packaging	Poly bag in box, plastic jar, or to customer specification
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Receiving Conditions	Product should be shipped and handled in a sanitary manner.
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Storage Conditions	Store in a dry, cool place.
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Shelf Life	15 months (under optimum storage conditions).
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#### Other

Gluten Status	This product (and if applicable its ingredients) by nature does not contain the gluten proteins found in wheat, rye or barley. This product has not been tested to verify gluten levels less than 20 ppm.
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Natural Status	This product is a 100% pure, natural substance. It does not contain any artificial, synthetic or natural identical additives.
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BE Status	This product does not contain bioengineered ingredients.
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Vegan Status	This product does not contain any animal derived products including meat, milk, seafood, eggs, honey or bone char.
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Halal Status	This product does not contain alcohol, natural L-cysteine extracted from hair or feathers, animal fats and/or extracts, bloods of any origin, blood plasma, pork and/or other meat by-products & alcohol is not used as a processing aid.
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SDS Waiver	To the best of our knowledge this product is non-hazardous and not subject to the requirements of 29 CFR 1910.1200. Although this product does not require specific hazard precautions, users should take care to minimize personnel exposure and workplace contamination.
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### ALLERGEN STATEMENT

"Q #1: Does the item above contain any of the following allergens or their derivatives?"		"Q #2: Is the item above produced on equipment that comes in contact with any of the following allergens?"		"Q #3: Is the item above produced in a facility that uses or processes these allergens?"		ALLERGENS
YES	NO	YES	NO	YES	NO	
	X	X		X		MILK
	X	X		X		EGGS
	X	X		X		SOYBEANS
	X	X		X		WHEAT
	X		X		X	PEANUTS
	X	X		X		TREE NUTS
	X		X		X	FISH
	X		X		X	CRUSTACEAN SHELLFISH
	X	X		X		SESAME
	X	X		X		MUSTARD
	X	X		X		ADDED SULFITES

Equipment is cleaned and sanitized between production runs to prevent allergens from contaminating non-allergenic products.

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#### Ingredient Statement

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Quinoa.

#### Product Certifications

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Certified Kosher Parve

#### Proximate Analysis

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Protein	14.12	g
Carbohydrate	64.16	g
Moisture	13.27	g
Ash	2.38	g
Fat	6.07	g

#### Nutritional Analysis

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Serving Size	100.00	g
Calories	368.00	
Total Fat	6.07	g
Saturated Fat	0.71	g
Trans. Fat	0.00	g
Cholesterol	0.00	mg
Sodium	5.00	mg
Total Carbohydrates	64.16	g
Dietary Fiber	7.00	g
Sugars	0.00	g
Protein	14.12	g
Vitamin A	0.70	mcg
Vitamin C	0.00	mg
Calcium	47.00	mg
Iron	4.57	mg
Added Sugars	0.00	g
Vitamin D	0.00	mcg
Potassium	563.00	mg



STORE IN A DRY, COOL PLACE.

## CRISPY QUINOA PUFFS

Crisped Quinoa has an extremely light and crispy texture, making it an ideal substitute for crisped rice.

- Slightly sweet, toasted flavor
- Crispy, almost crunchy texture
- Small, round grains with creamy golden color
- Nutritious alternative to puffed rice breakfast cereal
- Naturally gluten free

<b>Nutrition Facts</b>	
servings per container	
<b>Serving size</b> 1/2 cup dry (35g)	
<b>Amount per serving</b>	
<b>Calories</b>	<b>130</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 2 g	<b>3%</b>
Saturated Fat 0 g	<b>0%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 0 mg	<b>0%</b>
<b>Total Carbohydrate</b> 22 g	<b>8%</b>
Dietary Fiber 2 g	<b>7%</b>
Total Sugars 0 g	
Includes 0 g Added Sugars	<b>0%</b>
<b>Protein</b> 5 g	
Vitamin D 0.0 mcg	<b>0%</b>
Calcium 20.0 mg	<b>2%</b>
Iron 1.6 mg	<b>8%</b>
Potassium 200.0 mg	<b>4%</b>

\* 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.

### BASIC PREP

Ready to eat. No preparation necessary.

### SUGGESTED USES

- Enjoy with milk and fruit as a nutritious alternative to puffed rice cereal
- Bake into granola
- Add to trail mix to boost nutrient content without adding excess fat or cholesterol
- Sprinkle over salads to add texture
- Add to muffin, pancake or waffle batter for a unique texture

### RECIPE

Chocolate Quinoa Crunch Bars

- 1/4 cup virgin coconut oil
- 1/4 cup agave nectar
- 1/2 cup dutch-processed cocoa powder
- 1/4 teaspoon fine sea salt
- 1/3 cup Crisped Quinoa

Line an 8-inch square baking pan with a double layer of parchment paper leaving paper overhanging on all sides.

Stir together coconut oil and agave nectar in a small saucepan over medium heat. Remove from heat, and stir in cocoa powder and salt until mixture is smooth. Add Crisped Quinoa, and mix until thoroughly incorporated.

Pour mixture into prepared pan. Use silicone spatula to spread to a uniform thickness.

Place in freezer until chocolate has hardened, at least 2 hours. Lift parchment paper by edges to remove from pan. Peel off paper, and cut into 2-x1-inch bars. Store in freezer.

Makes 32 bars

Who says candy bars have to be sinful? These decadent, semi-sweet chocolate candies contain healthy virgin coconut oil, a moderate amount of natural sweetener and crunchy, protein-packed Crisped Quinoa. Approximately the size of a “fun-sized” candy bar, they’re just the thing to healthfully satisfy a chocolate craving.

### INGREDIENTS

Quinoa.



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## **CRISPY QUINOA PUFFS**

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**COUNTRY OF ORIGIN DECLARATION  
FOR  
CRISPY QUINOA PUFFS**

**THIS PRODUCT ORIGINATES FROM PERU**