

Simple Foods

COOKING

Quick Mix



INGREDIENTS:

Brown rice flour, blanched almond flour, organic tapioca flour, organic coconut flour, whey protein (milk), pink salt, xanthan gum, baking powder (sodium acid, pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate)
 Contains: Tree Nuts (Almonds, Coconut), Milk

Nutrition Facts

About 22 servings per container
Serving size 1/4 Cup (31g)

Amount Per Serving	
Calories	120
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	9%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 40mg	2%
Iron 0.7mg	4%
Potassium 50mg	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.



Package Weight:
 24 oz. (680g)



QUICK *Mix*

24 OUNCE

Cake Donuts

1¼ cup Simple Foods Quick Mix
1/3 cup Simple Sweet
1 egg
½ cup oil

2/3 cup almond milk
1½ teaspoon vanilla

1. Mix all ingredients together with a whip until well blended, spray donut pan with oil, then fill each compartment half full with dough
2. Bake at 350° for 10 minutes
3. Frost with your favorite frosting, makes approximately 15 donuts



Ingredients:

Brown rice flour, blanched almond flour, organic tapioca flour, organic coconut flour, whey protein (milk), pink salt, xanthan gum, baking powder (sodium acid, pyrophosphate, sodium bicarbonate, comstarch, monocalcium phosphate)

HOT CHOCOLATE *Mix*

12 OUNCE

Mixing Instructions

2 Tablespoons Hot Chocolate Mix
8 oz. milk or Almond milk

1. Heat milk until desired temperature
2. Add Hot Chocolate Mix and stir well
3. Also works great for chocolate milk, mix in shaker bottle

Ingredients:

Collagen, cocoa, organic erythritol, organic stevia, himalayan pink salt

