

Directions: Add at least 1 cup water for each 1/4 cup of mix. Simmer 10-15 minutes, or soak till soft. Season, and enjoy! *May also use slow cooker.*

NUTRITION FACTS	
Serving Size: 2/3 cup reconstituted	
Servings Per Container: 6	
Amount Per Serving	
Calories 55	Calories from Fat 2
	% Daily Value*
Total Fat 0	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	10%
Sugars 1g	
Protein 3g	6%
Vitamin A 0% * Vitamin C 3% *Calcium 1% * Iron 1%	
*Percent Daily Values are based on a 2,000 calorie diet.	
Your daily values may be higher or lower depending on your calorie needs.	
Lentil Soup Mix with Quinoa — Lot# 1511	

Ingredients: Dehydrated lentils, potato (freshness preserved with sodium bisulfite), organic quinoa, celery, onion.

Try them all!

www.GoHHF.com