

The Mixing Spoon

We fix it...
...you mix it!



ONLY \$11.00/JAR

**THANK YOU
FOR YOUR SUPPORT!!!**

**MAKES AN EXCELLENT GIFT!!!
OR ADD A LITTLE CONVENIENCE TO YOUR OWN CUPBOARD!!!**

Grab a Jar from the Shelf....	And Just Add...
A) Chewy Brownie Mix Our signature recipe!	Butter, Eggs, Water, Vanilla Yields 9 x 13 Pan
B) Grandma's Oatmeal Raisin Cookie Mix A wholesome snack just like the one's grandma used to make!	Butter, Egg, Vanilla Yields 2-3 Dozen
C) Chippers Cookie Mix Loads of chocolate flavoured chips make this recipe a favorite!	Butter, Eggs, Vanilla Yields 2-3 Dozen
D) Ginger Crinkle Cookie Mix Just like the spicy snaps Grandma used to serve!	Oil, Egg, Molasses Yields 2-3 Dozen
E) Cranberry Chip Cookie Mix New and improved! Cranberries aren't just for holidays anymore!	Butter, Egg Yields 2-3 Dozen
F) Classic Sugar Cookie Mix These tasty morsels are great for all occasions!	Butter, Egg, Milk, Vanilla Yields 2-3 Dozen
G) Pasta Salad Mix As a side dish or a main course this salad has excellent flavour!	Oil, Lemon Juice, Vinegar Yields 4-6 Servings
H) Lemon Poppy Seed Scone Mix Loaded with lemon flavour!	Margarine, Eggs, Milk Yields 16 Servings
I) Raspberry Burst Scone Mix Little bursts of raspberry flavour are divine!	Margarine, Eggs, Milk Yields 16 Servings
J) Blissful Blueberry Muffin Mix Fresh out of the oven you can't beat them!	Applesauce, Butter, Eggs, Milk Yields 12 Muffins
K) Beefy Macaroni Soup Mix With or without the ground beef this is a wholesome soup!	Ground Beef, Stewed Tomatoes Yields About 15 Servings
L) Minestrone Soup Mix A personal favorite!	Frozen Vegetables, Crushed Tomatoes Yields About 12 Servings
M) Noodle Soup Mix A fantastic way to use up leftover chicken or turkey. Fast and delicious!	Frozen Vegetables, Cooked Chicken or Turkey Yields About 10 Servings
N) Potato Medley Soup Mix With or without ham this is a tasty soup!	Milk/Cream, Cooked Ham Yields About 8 Servings
O) Western Chili Mix Wow! Is this ever tasty! Four types of beans!	Ground Beef, Salsa, Tomato Sauce Yields About 12 Servings

Name of Organization:
(Please make cheques payable to your organization)

Tri Area Skating Club

PARTICIPANT'S NAME: _____

ADDRESS: _____

PHI: _____

	A) Chewy Brownie Mix	B) Grandma's Oatmeal Raisin Cookie Mix	C) Chippers Cookie Mix	D) Ginger Crinkle Cookie Mix	E) Cranberry Chip Cookie Mix	F) Classic Sugar Cookie Mix	G) Pasta Salad Mix	H) Lemon Poppy Seed Scone Mix	I) Raspberry Burst Scone Mix	J) Blissful Blueberry Muffin Mix	K) Beefy Macaroni Soup Mix	L) Minestrone Soup Mix	M) Noodle Soup Mix	N) Potato Medley Soup Mix	O) Western Chili Mix	TOTAL NUMBER OF JARS	TOTAL DUE @\$11.00	PAID BY:
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THANK YOU FOR YOUR SUPPORT

Nutrition Facts
Valeur nutritive

Per 1/12 jar (50 g) / par 1/12 pot (50 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 190	
Fat / Lipides 2 g	3 %
Saturated / saturés 1 g	5 %
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 270 mg	11 %
Carbohydrate / Glucides 40 g	13 %
Fibre / Fibres 1 g	4 %
Sugars / Sucres 20 g	
Protein / Protéines 4 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	6 %
Iron / Fer	26 %

Blissful Blueberry Muffin Mix
Blissful Blueberry Mélange à Muffins

Ingredients: Enriched flour, sugar, Blueberry flakes (sugar, vegetable oil (palm, palm kernel), wheat flour, malic acid, sodium citrate, artificial flavors, blue 2 lake, red 40 lake, blue 1 lake, soy lecithin), baking powder, salt, cinnamon.

Ingrédients : Farine enrichie, sucre, flocons bleuetés (sucre, huile végétale (huile palme, palmiste), la farine blé, l'acide malique, citrate sodium, arôme artificiel, bleu 2 lake, red 40 lake, bleu 1 lake, lécithine soya), poudre à pâte, sel, cannelle.

Contains: Wheat, corn, soy.
May contain: Milk, sulphites, FD&C Yellow #5 & #6, MSG or glutamates, seeds.
Contient: Blé, soya, maïs.
Peut contenir : Lait, sulfites, FD&C jaune #5 & #6, MSG ou glutamates, graines.

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Nutrition Facts
Valeur nutritive

Per 1/33 jar (30 g) / par 1/33 pot (30 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 90	
Fat / Lipides 1 g	2 %
Saturated / saturés 1 g	6 %
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 120 mg	5 %
Carbohydrate / Glucides 19 g	6 %
Fibre / Fibres 1 g	2 %
Sugars / Sucres 11 g	
Protein / Protéines 1 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	8 %

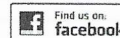
Chipper Cookie Mix
Mélange à Biscuit aux Pepites

Ingredients: Golden yellow sugar, enriched flour, chocolate flavoured chips (sugar, hydrogenated palm kernel oil, cocoa powder, soya lecithin), corn starch, sodium bicarbonate, salt.

Ingrédients: Cassonade dorée, farine enrichie, brisures à la saveur de chocolat (sucre, huile de palmiste hydrogénée, poudre de cacao, lécithine de soja), fécule de maïs, bicarbonate de soude, sel.

Contains: Wheat, soy.
May contain: Milk, nuts.
Contient: Blé, soya.
Peut contenir: Lait, noix.

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Nutrition Facts
Valeur nutritive

Per 1/15 jar (250 ml) / par 1/15 pot (250 ml)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 120	
Fat / Lipides 1 g	1 %
Saturated / saturés 0 g	1 %
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 720 mg	30 %
Carbohydrate / Glucides 24 g	8 %
Fibre / Fibres 2 g	9 %
Sugars / Sucres 2 g	
Protein / Protéines 5 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	2 %
Calcium / Calcium	2 %
Iron / Fer	8 %

Beefy Macaroni Soup Mix
Mélange à Soupe au Boeuf et Macaroni

Ingredients: Macaroni (durum wheat semolina, niacin, folic acid, ferrous sulfate (iron), riboflavin, thiamine mononitrate), barley, lentils, beef base (salt, dextrose, corn syrup solids, palm oil, hydrolyzed plant proteins (soya), corn starch, yeast extract (soy), dehydrated onion, colour, silicon dioxide, spices, spice extracts, disodium inosinate, disodium guanylate), dried onion.

Ingrédients: Macaroni (semoule de blé dur, niacin, acide folique, sulfate ferreux (fer), riboflavine, thiamine monitrate), orge, lentilles, base au boeuf (sel, dextrose, extrait sec de sirop de maïs, huile de palme, protéines végétales hydrolysées (soya), amidon de maïs, extrait de levure (soya), oignon déshydraté, colorant, bioxyde de silice, épices, extraits d'épice, inosinate disodique, guanilate disodique), oignon séchés.

Contains: Soy, wheat.
May contain: Sulphites, mustard, nuts, egg, milk.
Contient: Soya, blé.
Peut contenir: Sulfites, moutarde, noix, oeuf, lait.

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Nutrition Facts
Valeur nutritive

Per 1/29 jar (30 g) / par 1/29 pot (30 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 90	
Fat / Lipides 1 g	2 %
Saturated / saturés 1 g	4 %
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 85 mg	4 %
Carbohydrate / Glucides 19 g	6 %
Fibre / Fibres 1 g	4 %
Sugars / Sucres 11 g	
Protein / Protéines 2 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	8 %

Cranberry Chip Cookie Mix
Mélange à Biscuit aux Pepites de Canneberge

Ingredients: Enriched flour, golden yellow sugar, rolled oats, chocolate flavoured chips (contains sugar, hydrogenated palm kernel oil, cocoa powder, soya lecithin), dried cranberries (contains cranberries, sugar, sunflower oil), sodium bicarbonate, salt.

Ingrédients: Farine enrichie, cassonade dorée, flocons d'avoine, brisures à la saveur de chocolat (contient sucre, huile de palmiste hydrogénée, poudre de cacao, lécithine de soja), canneberges séchés (contient canneberges, sucre, huile de tournesol), bicarbonate de soude, sel.

Contains: Wheat.
May contain: Milk, nuts.
Contient: Blé.
Peut contenir: Lait, noix.

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Nutrition Facts
Valeur nutritive

Per 1/12 jar (250 ml) / par 1/12 pot (250 ml)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 180	
Fat / Lipides 1 g	1 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 460 mg	19 %
Carbohydrate / Glucides 34 g	11 %
Fibre / Fibres 11 g	44 %
Sugars / Sucres 4 g	
Protein / Protéines 11 g	
Vitamin A / Vitamine A	10 %
Vitamin C / Vitamine C	8 %
Calcium / Calcium	8 %
Iron / Fer	24 %

Western Chili Mix
Mélange à Chili

Ingredients: Beans, dried onion, salt, spice mixture.

Ingrédients: Haricots, oignon séchés, sel, mélange d'épice.

May contain: Wheat, nuts, milk, egg, sulphites, mustard, soy.
Peut contenir: blé ou de noix, lait, oeuf, sulfites, moutarde, soya.

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Nutrition Facts
Valeur nutritive

Per 1/28 jar (30 g) / par 1/28 pot (30 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 80	
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 155 mg	6 %
Carbohydrate / Glucides 19 g	6 %
Fibre / Fibres 0 g	2 %
Sugars / Sucres 10 g	
Protein / Protéines 2 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	12 %

Ginger Crinkle Cookie Mix
Mélange à Biscuit au Gingembre

Ingredients: Enriched flour, sugar, spice mixture, salt, sodium bicarbonate.

Ingrédients: Farine enrichie, sucre, mélange d'épice, sel, bicarbonate de soude.

Contains: Wheat.
May contain: Milk, nuts.
Contient: Blé.
Peut contenir: Lait, noix.

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Nutrition Facts
Valeur nutritive

Per 1/20 jar (52 g) / par 1/20 pot (52 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 130	
Fat / Lipides 2 g	3 %
Saturated / saturés 2 g	9 %
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 35 mg	2 %
Carbohydrate / Glucides 30 g	10 %
Fibre / Fibres 2 g	8 %
Sugars / Sucres 21 g	
Protein / Protéines 2 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	15 %

Chewy Brownie Mix
Mélange à Brownie

Ingredients: Sugar, enriched flour, chocolate flavoured chips (sugar, hydrogenated palm kernel oil, cocoa powder, soya lecithin), cocoa powder, baking powder, salt.

Ingrédients: Sucre, farine enrichie, brisures à la saveur de chocolat (sucre, huile de palmiste hydrogénée, poudre de cacao, lécithine de soja), poudre de cacao, poudre à pâte, sel.

Contains: Wheat, soy.
May contain: Milk, nuts.
Contient: Blé, soya.
Peut contenir: Lait, noix.

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Nutrition Facts

Valeur nutritive

Per 1/30 jar (30 g) / par 1/30 pot (30 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 80	
Fat / Lipides 4 g	1 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 65 mg	3 %
Carbohydrate / Glucides 18 g	6 %
Fibre / Fibres 1 g	3 %
Sugars / Sucres 9 g	
Protein / Protéines 2 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	8 %

Grandma's Oatmeal Raisin Cookie Mix

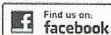
Grand-mère de Mélange à Biscuit au Raisin Sec et Farine d'Avoine

Ingredients: Enriched flour, golden yellow sugar, raisins, (vegetable oil), rolled oats, sodium bicarbonate, spice mixture, salt.

Ingrédients: Farine enrichie, cassonade dorée, raisins, (huile végétale, flocons d'avoine, bicarbonate de soude, mélange d'épice, sel.

Contains: Wheat.
May contain: Milk, nuts.
Contient: Blé.
Peut contenir: Lait, noix.

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Nutrition Facts

Valeur nutritive

Per 1/10 jar (250 ml) / par 1/10 pot (250 ml)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 130	
Fat / Lipides 1 g	2 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
Cholesterol / Cholestérol 15 mg	
Sodium / Sodium 730 mg	30 %
Carbohydrate / Glucides 24 g	8 %
Fibre / Fibres 2 g	9 %
Sugars / Sucres 2 g	
Protein / Protéines 6 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	4 %
Calcium / Calcium	2 %
Iron / Fer	10 %

Noodle Soup Mix Mélange à Soupe aux Nouilles

Ingredients: Egg noodles (durum wheat semolina, dried egg yolk, niacin, folic acid, ferrous sulphate (iron), riboflavin, thiamine, mononitrate), lentils, chicken soup base (corn syrup solids, salt, dextrose, corn starch, chicken fat, onion powder, autolyzed yeast extract (soy), garlic powder, spices, spice extracts, colour, disodium inosinate, disodium guanylate, silicon dioxide), dried onion, spice mixture.

Ingrédients: Nouilles aux œufs (semoule blé durum, poudre de jaune d'œuf, niacine, acide folique, sulfate ferreux (fer), riboflavine, thiamine, mononitrate), lentilles, base au poulet (extrait sec sirop maïs, sel, dextrose, amidon maïs, gras poulet, poudre d'oignon, extrait levure autolysée (soja), poudre d'ail, épices, extraits d'épices, colorant, inosinate disodique, guanylate disodique, bioxyde silice), oignon séchés, mélange d'épice.

Contains: Egg, wheat, soy
May contain: Milk, nuts, sulphites, mustard.
Contient: Oeuf, blé, soja
Peut contenir: Sulfites, moutarde, lait, noix.

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Nutrition Facts

Valeur nutritive

Per 1/16 jar (33g) / par 1/16 pot (33g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 150	
Fat / Lipides 2 g	2 %
Saturated / saturés 1 g	4 %
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 165 mg	7 %
Carbohydrate / Glucides 29 g	10 %
Fibre / Fibres 1 g	3 %
Sugars / Sucres 9 g	
Protein / Protéines 4 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	6 %
Iron / Fer	20 %

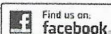
Lemon Poppy Seed Scone Mix Mélange à Scone de Citron et Graine de Pavot

Ingredients: Enriched flour, sugar, lemon flakes (contains sugar, vegetable oil (palm, palm kernel), wheat flour, lemon juice powder (corn syrup solids, lemon juice with lemon oil) natural and artificial flavours, citric acid, soya lecithin, yellow 5 lake), poppy seed, baking powder, salt.

Ingrédients: Farine enrichie, sucre, flocons citron (sucre, huile végétale (palme, palmiste), farine, blé, poudre jus citron (maïs des solides sirop, jus citron avec, l'huile citron), arômes naturels et artificiels, acide citrique, lécithine soya, jaune 5 lake), graines pavot, poudre à pâte, sel.

Contains: Wheat, soy.
May contain: Milk, nuts, sulphites.
Contient: Blé, soja.
Peut contenir: Soya, noix, lait, sulfites.

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Nutrition Facts

Valeur nutritive

Per 1/10 jar (37g) / par 1/10 pot (37g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 100	
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 320 mg	13 %
Carbohydrate / Glucides 20 g	7 %
Fibre / Fibres 1 g	5 %
Sugars / Sucres 2 g	
Protein / Protéines 3 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	8 %

Pasta Salad Mélange à Salade de Pâtes

Ingredients: Vegetable fusilli (durum wheat semolina, dehydrated spinach, tomato powder, niacin, folic acid, ferrous sulphate (iron), riboflavin, thiamine, mononitrate), sugar, salt, spice mixture (mustard).

Ingrédients: Fusilli de légumes (semoula de blé durum, déshydratée d'épinards, poudre tomate, niacine, acide folique, ferreux, sulfate (fer), riboflavine, mononitrate, thiamine), sucre, sel, mélange d'épice (moutard).

Contains: Mustard, wheat
May contain: Sesame seed, milk, egg or sulphites.
Contient: Moutard, blé
Peut contenir: Graines sésame, lait, oeuf, sulfites.

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Nutrition Facts

Valeur nutritive

Per 1/16 jar (33g) / par 1/16 pot (33g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 140	
Fat / Lipides 2 g	2 %
Saturated / saturés 1 g	4 %
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 170 mg	7 %
Carbohydrate / Glucides 29 g	10 %
Fibre / Fibres 1 g	3 %
Sugars / Sucres 10 g	
Protein / Protéines 3 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	6 %
Iron / Fer	20 %

Raspberry Burst Scone Mix Mélange à Scone de Framboises

Ingredients: Enriched flour, sugar, raspberry flakes (sugar, vegetable oil (palm, palm kernel), wheat flour, malic acid, tricalcium phosphate, sodium citrate, artificial flavors, soy lecithin, red cabbage juice, red 40 lake, blue 5 lake), baking powder, salt.

Ingrédients: Farine enrichie, sucre, framboises artificiel (sucre, huile végétale (palmier, huile palmiste), farine, l'acide malique, phosphate tricalcique citrate sodium, saveur artificiel, lécithine soya, jus chou rouge, rouge 40 lac, bleu 2 lac), poudre en pate, sel.

Contains: Wheat, soy.
May contain: sulphites, milk, nuts.
Contient: Blé, soja.
Peut contenir: Sulfites, lait, noix.

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Nutrition Facts

Valeur nutritive

Per 1/10 jar (22 g) / par 1/10 pot (22 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 80	
Fat / Lipides 1 g	1 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 700 mg	29 %
Carbohydrate / Glucides 16 g	5 %
Fibre / Fibres 2 g	7 %
Sugars / Sucres 2 g	
Protein / Protéines 2 g	
Vitamin A / Vitamine A	15 %
Vitamin C / Vitamine C	8 %
Calcium / Calcium	4 %
Iron / Fer	6 %

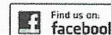
Potato Medley Soup Mix Mélange à soupe Medley de pomme de terre

Ingredients: Dehydrated vegetables (carrot, potato, onion, leek, red and green bell pepper, cabbage, celery), potato flakes, potato, vegetable monoglyceride (palm and/or soy), sodium acid pyrophosphate sodium stearoyl-2-lactate, BHA), vegetable soup base (salt, corn syrup solids, dehydrated vegetables (onion, carrot, potato, tomato, leek, red and green bell pepper, cabbage, celery, garlic, asparagus), sugar, potato starch, corn starch, palm oil, hydrolyzed plant proteins (corn), hydrolyzed plant proteins (soy), dextrose, yeast extract (soy), canola oil, spices, spice extracts, silicon dioxide, colour, disodium inosinate, disodium guanylate), dehydrated onion, spice mixture.

Ingrédients: Légumes déshydratés (carotte, pomme de terre, oignon, poireau, poivron rouge et vert, chou, céleri), flocons pommes terre (Pommes de terre, légumes monoglycéride (Palm et/ou soja), pyrophosphate acide sodium stéaryle sodique-2-lactate, BHA), soupe légumes base (sel, sirop glucose déshydraté, légumes déshydratés (oignon, carotte, pomme terre, tomate, poireau, poivron rouge et vert, chou, céleri, l'ail, les asperges), sucre, féculé pommes terre, féculé maïs, l'huile de palme, protéines hydrolysées (maïs), protéines hydrolysées (soja), dextrose, extrait levure (soja), huile canola, épices, extraits d'épices, dioxyde silicose, colorant, inosinate disodique, disodium guanylate), oignon déshydraté, mélange d'épices.

Contains: Wheat, soy, sulphites.
May contain: sesame seeds, milk, egg, mustard.
Contient: Blé, soja, sulfites.
Peut contenir: Graines sésame, lait, oeuf, moutarde.

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Nutrition Facts

Valeur nutritive

Per 1/15 jar (250 ml) / par 1/15 pot (250 ml)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 110	
Fat / Lipides 1 g	1 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 840 mg	35 %
Carbohydrate / Glucides 21 g	7 %
Fibre / Fibres 2 g	8 %
Sugars / Sucres 2 g	
Protein / Protéines 4 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	4 %
Calcium / Calcium	2 %
Iron / Fer	10 %

Minestrone Soup Mix Mélange à Soupe Minestrone

Ingredients: Lentils, rice, rotini (durum wheat semolina, niacin, folic acid, ferrous sulfate (iron), riboflavin, thiamine mononitrate), barley, beef base (salt, dextrose, corn syrup solids, palm oil, hydrolyzed plant proteins (soy), corn starch, yeast extract (soy), dehydrated onion, colour, silicon dioxide, spices, spice extracts, disodium inosinate, disodium guanylate), dried onion, spice mixture.

Ingrédients: Lentilles, riz, tourelle (semoule blé dur, niacin, acide folique, sulfate ferreux (fer), riboflavine, thiamine mononitrate), orge, base au boeuf (sel, dextrose, extrait sec de sirop de maïs, huile de palme, protéines végétales hydrolysées (soya), amidon de maïs, extrait de levure (soya), oignon déshydraté, colorant, bioxyde de silice, épices, extraits d'épice, inosinate disodique, guanylate disodique), oignon séchés, mélange d'épice.

Contains: Soy, wheat.
May contain: Sulphites, mustard, nuts, egg, milk.
Contient: Soya, blé.
Peut contenir: Sulfites, moutarde, noix, oeuf, lait.

Packaged by
The Mixing Spoon
Box 767
Elnora, AB T0M 0Y0
(403) 773-3777
www.themixingspoon.ca



Nutrition Facts

Valeur nutritive

Per 1/28 jar (19 g) / par 1/28 pot (19 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 70	
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 40 mg	2 %
Carbohydrate / Glucides 16 g	5 %
Fibre / Fibres 0 g	1 %
Sugars / Sucres 9 g	
Protein / Protéines 1 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	8 %

Classic Sugar Cookie Mix Mélange de cookies de sucre classique

Ingredients: Cookie: Enriched flour, sugar, sodium bicarbonate, salt
Glaze: Icing sugar

Ingrédients : Cookie : farine enrichie, sucre, bicarbonate de sodium, sel
Glacis : Sucre glace

Contains: Wheat.
Contient: Blé.

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