



Stovetop **Mixing** Instructions

Soups

- :: Chicken and Wild Rice
- :: Chicken Noodle
- :: Beef Vegetable
- :: Minestrone

Empty contents of 1 packet into a saucepan or pot, add 1 cup (8 oz.) of cold water, and stir. On medium heat, bring to a boil, cover and let stand for about 3 minutes.

Oatmeal

- :: Apple Cinnamon
- :: Peach
- :: Blueberry
- :: Maple and Brown Sugar

Empty contents of packet in to saucepan/ pot, add 1/2 - 3/4 cup (4 - 6 oz.) of cold water, and stir. On low heat, bring water to a boil. Let sit covered for 3 minutes.

Scrambled Eggs

Heat a small omelet pan over medium-low heat. Pour contents of packet into a small bowl. Add 4 oz of water and mix thoroughly. When pan is sufficiently warm, coat with non-stick cooking spray. Pour egg mixture into pan and cook until desired consistency.

Creamy Soups

- :: Cream of Chicken
- :: Cream of Broccoli
- :: Cream of Tomato

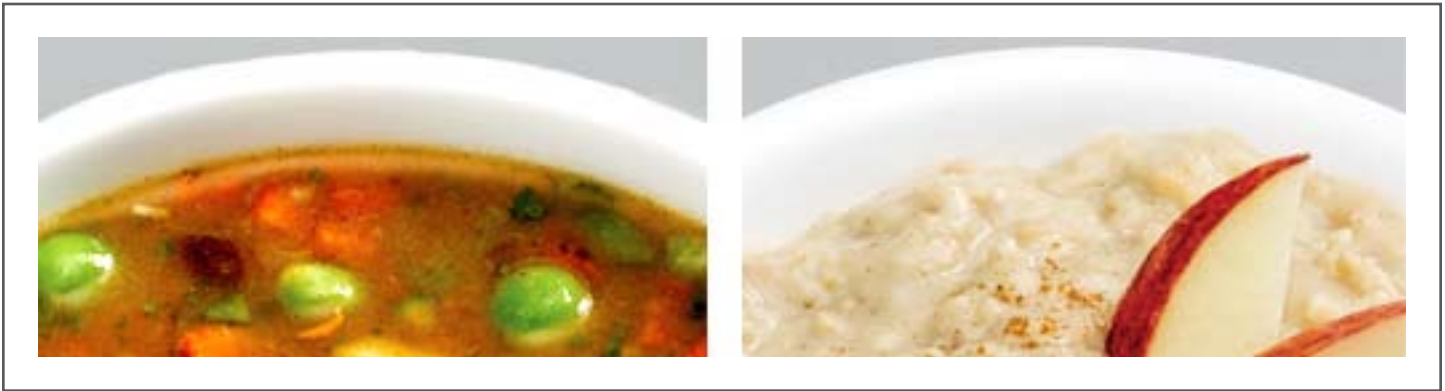
Empty contents of packet into saucepan/ pot, add 3/4 - 1 cup (6 - 8 oz.) of cold water, and stir well. On medium heat, bring to a boil. Let sit covered for about 3 minutes.

Chili

Add 1/2 cup (4 oz.) of cold water into saucepan/ pot, empty contents of packet, and stir. On medium-low heat, bring to a boil. Let sit covered for about 3 minutes.

Hot Drinks

Empty contents of packet in to saucepan/ pot, add 3/4 - 1 cup (6 - 8 oz.) of cold water, and stir. On low heat, bring to a boil until desired temperature.



Microwave Mixing Instructions

Soups

- :: Chicken and Wild Rice
- :: Chicken Noodle
- :: Beef Vegetable Stew
- :: Minestrone

1. Empty contents of 1 packet into a deep microwave safe bowl and add 1 cup (8 oz.) cold water, stir.*
2. Microwave on high for 2 1/2 minutes.
3. Let stand for 1 minute and stir.
4. Microwave again for 1 minute (watching it doesn't boil over).
4. Take out of the microwave and put a lid or plate over the top and let sit for 3 - 5 minutes before consuming.

***Do not prepare in a shaker jar**

Creamy Soups

- :: Cream of Chicken
- :: Cream of Broccoli
- :: Cream of Tomato

1. Empty contents of 1 packet into cup or mug.*
2. Add 3/4 - 1 cup (6-8 oz.) cold water; stir.
3. Microwave 1 minute or until desired temperature; stir and enjoy.

***Do not prepare in a shaker jar**

Fast Soups

- :: Savory Beef
- :: Delicate Chicken
- :: Robust Tomato

1. Empty contents of 1 packet into a mug or large cup and add 3/4 cup (6 oz.) of water; stir.*
2. Microwave on high for 2 minutes or until boiling.
3. Stir and let stand 1 minute; enjoy.

***Do not prepare in a shaker jar**

Chili

1. Measure 1/2 cup (4 oz.) of cold water and pour into a microwave safe container or bowl.*
2. Empty chili packet and stir.
3. Microwave on high for 2 1/2 minutes.
4. Let stand for 1 minute or so and stir again. (Add any additional seasoning you require.)
5. Microwave for 1 minute. Let stand for desired thickness.

***Do not prepare in a shaker jar**

Microwave Mixing Instructions

Hot Drinks

1. Empty contents of 1 packet into cup or mug.*
2. Add 3/4-1 cup (6-8 oz.) COLD water, stir.
3. Microwave 1 minute or until desired temperate; stir.

***Do not prepare in a shaker jar**

Scrambled Eggs

1. Add contents of packet to microwave-safe container.*
2. Add 1/2 cup (4 oz.) of water and mix thoroughly.
3. Microwave on high for 60 seconds; remove and stir.
4. Cover and microwave again for 30-45 seconds or until desired consistency.

***Do not prepare in a shaker jar**

Note: Heating times may vary between microwave ovens.

Oatmeal

- :: Apple Cinnamon
- :: Blueberry
- :: Maple & Brown Sugar
- :: Peach

1. Empty contents of 1 packet into a microwave safe bowl.*
2. Add 1/2-3/4 cup (4-6 oz.) cold water.
3. Microwave on high 1 1/2-2 minutes, or until it starts to boil. Let stand for desired thickness.

***Do not prepare in a shaker jar**



Cold Mixing Instructions

Shakes

1. Pour 3/4 - 1 cup (6 - 8oz.) water into a shaker jar or blender.
2. Add contents of one packet and ice if desired.
3. Shake or blend on low speed for 20 - 30 seconds or until well blended.

Fruit Drinks & Iced Teas

1. Pour 1 cup (8 oz.) of cold water into a glass.
2. Add contents of one packet slowly and stir until blended (service over ice if desired).

Puddings

1. Empty packet into bowl
2. Add 1/2 cup (4oz.) cold water; whisk thoroughly.
3. Pudding will be soft set and ready-to-eat in 5 minutes - for thicker consistency chill in refrigerator up to 30 mins.