



18  
SERVINGS



SHELF LIFE UP TO  
30 YEARS

Shelf Life: Best when stored in a cool dry place at temperatures between 55° and 70° F (ideal humidity 15%).

Shelf life estimates are based on industry studies from sources deemed reputable. Since Augason Farms has no control over individual storage practices, they must disclaim any liability or warranty for particular results.

FOOD STORAGE  
EMERGENCY  
EVERYDAY FOOD

## Freeze Dried Sliced Strawberries

Nutrition Facts	
Serving Size: 1/2 Cup (10g dry)	
Servings Per Container: 18	
Amount Per Serving	
<b>Calories 40</b>	<b>Calories from Fat 0</b>
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
<b>Saturated Fat 0g</b>	<b>0%</b>
<b>Trans Fat 0g</b>	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 0mg</b>	<b>0%</b>
<b>Total Carbohydrate 8g</b>	<b>3%</b>
<b>Dietary Fiber less than 1g</b>	<b>2%</b>
<b>Sugars 4g</b>	
<b>Protein 1g</b>	
<b>Vitamin A 0%</b>	<b>Vitamin C 80%</b>
<b>Calcium 2%</b>	<b>Iron 4%</b>
*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories    2,000    2,500
Total Fat	Less than 65g    80g
Sat Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2400mg    2400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram: Fat 9    Carbs 4    Protein 4	

11109-082814

### DIRECTIONS:

Use: As a snack, in desserts, fruit smoothies, etc.  
Yield: 1/2 cup of sliced strawberries.

1. Mix 1/2 cup strawberries to 1 cup of warm water.
2. Let stand for 5 minutes.
3. Serve.

Jam Recipe (keep refrigerated)

Yield: Single batch.

1 cup of sliced freeze dried strawberries

1/3 cup of sugar

2 Tablespoons of Augason Farms Ultimate Gel

Cover strawberries with water. Add sugar to strawberries and stir well until sugar is dissolved. Slowly sprinkle Ultimate Gel while stirring to prevent lumps. May add additional water to desired consistency.

**INGREDIENTS:** Sliced freeze dried strawberries.

1-800-878-0099

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92  
SERVINGS



SHELF LIFE UP TO  
10 YEARS

Certified



Gluten-Free

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FOOD STORAGE

EMERGENCY

EVERYDAY FOOD

# Scrambled Egg Mix

## Nutrition Facts

Serving Size: 2 Tbsp (11g dry)  
Servings Per Container: 92

Amount Per Serving		% Daily Value*	
<b>Calories</b> 60	<b>Calories from Fat</b> 35		
<b>Total Fat</b> 4g			<b>6%</b>
<b>Saturated Fat</b> 1g			<b>5%</b>
<b>Trans Fat</b> 0g			
<b>Cholesterol</b> 165mg			<b>54%</b>
<b>Sodium</b> 85mg			<b>4%</b>
<b>Total Carbohydrate</b> 2g			<b>1%</b>
<b>Dietary Fiber</b> 0g			<b>0%</b>
<b>Sugars</b> 0g			
<b>Protein</b> 4g			
<b>Vitamin A</b> 4%	<b>Vitamin C</b> 0%		
<b>Calcium</b> 6%	<b>Iron</b> 2%		
*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram: Fat 9 Carbs 4 Protein 4			

90158-092314

### DIRECTIONS:

1. Add 2 tablespoons dry mix to 2 tablespoons warm water and mix.
2. Cook as desired.

Use in omelets, french toast, etc. Scrambled egg mix is also great to take on camping trips.

When using with other dry ingredients, it is not necessary to reconstitute egg mix. Simply add to other dry ingredients and increase liquid requirements by necessary amounts.

**INGREDIENTS:** Whole eggs, nonfat dry milk, vegetable oil.

**Contains allergens:** Milk and eggs.

Pasteurized fully dehydrated fresh whole eggs.  
No refrigeration necessary.

1-800-878-0099

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**24**  
SERVINGS



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**FOOD STORAGE  
EMERGENCY  
EVERYDAY FOOD**

## Super Nutty Granola

### Nutrition Facts

Serving Size: 1/2 Cup (55g dry)  
Servings Per Container: 24

Amount Per Serving		% Daily Value*	
<b>Calories</b>	<b>250</b>	<b>Calories from Fat</b>	<b>90</b>
<b>Total Fat</b>	<b>10g</b>		<b>16%</b>
<b>Saturated Fat</b>	<b>2g</b>		<b>10%</b>
<b>Trans Fat</b>	<b>0g</b>		
<b>Cholesterol</b>	<b>0mg</b>		<b>0%</b>
<b>Sodium</b>	<b>55mg</b>		<b>2%</b>
<b>Total Carbohydrate</b>	<b>35g</b>		<b>12%</b>
<b>Dietary Fiber</b>	<b>4g</b>		<b>18%</b>
<b>Sugars</b>	<b>6g</b>		
<b>Protein</b>	<b>6g</b>		
<b>Vitamin A</b>	<b>0%</b>	<b>Vitamin C</b>	<b>0%</b>
<b>Calcium</b>	<b>2%</b>	<b>Iron</b>	<b>10%</b>
*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
		Calories	2,000 2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram: Fat 9 Carbs 4 Protein 4			

90166-120214

### DIRECTIONS:

Use as a cereal, snack, or in a trail mix.

**INGREDIENTS:** Whole rolled oats, milled cane sugar, vegetable oil (canola and/or safflower and/or sunflower oil), molasses, coconut, almonds, sesame seeds, sunflower seeds, cashews, walnuts, honey, salt, natural flavor, cardamom seed, fennel seed, fenugreek seed, nutmeg.

**Contains allergens:** Coconut, cashews, walnuts and almonds. May contain other tree nuts, wheat, and soy.

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