

# design your own cereal or granola

name \_\_\_\_\_

company \_\_\_\_\_

e-mail \_\_\_\_\_

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meandgoji.com

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- step 1:** select **one** base  
**step 2:** add fruits, nuts, seeds & extras  
**step 3:** name your mix!  
**note:** if you would like multiple portions of an ingredient add **X2**, **X3** etc

**name your mix:** \_\_\_\_\_

each mix is 600 grams (21+ oz.)

## BASE (must choose only 1 base)

- |  |                                |   |
|--|--------------------------------|---|
| <input type="checkbox"/> artisanal cereal<br>\$4.90                        | <b>organic</b>                 | multigrain oat bran flakes (whole oat flour, whole wheat meal, wheat bran, evaporated cane juice, oat bran, yellow corn meal, brown rice flour, barley malt extract, sea salt, whole wheat sprouts) - raw spelt flakes - raw barley flakes - raw rye flakes - raw wheat germ - amaranth |
| <input type="checkbox"/> flaxed and flaked<br>\$4.90                       | <b>organic<br/>gluten-free</b> | corn flakes (corn meal, yellow corn flour, evaporated cane juice, flax, buckwheat flour, quinoa, sea salt, tocopherols (natural vitamin E)) amaranth seeds - flax seeds - sesame seeds  |
| <input type="checkbox"/> healthy hoops<br>\$4.90                           | <b>organic</b>                 | multigrain O's (whole oat flour, kamut flour, evaporated unrefined cane juice, wheat flour, whole spelt flour, barley flour, barley malt extract, millet flour, quinoa flour, honey, sea salt) - raw wheat germ - amaranth seeds  |
| <input type="checkbox"/> samurai wheat<br>\$4.90                           |                                | bite-sized shredded wheat - raw wheat germ  |
| <input type="checkbox"/> golden granola<br>\$5.90                          | <b>organic</b>                 | oats, honey, sunflower seeds, wheat germ, sunflower oil, sesame seeds, cashews, pumpkin seeds, coconut, wheat bran, walnuts, vanilla, and sea salt  |
| <input type="checkbox"/> 5-grain muesli<br>(great as hot cereal)<br>\$4.90 | <b>raw</b>                     | raw barley flakes - raw spelt flakes - raw rye flakes - oat bran - wheat germ   |

## ENHANCE BASE

- |   |  |
|---|--|
| <input type="checkbox"/> multigrain flakes - \$1 (50g)<br><b>organic</b>                                  | <input type="checkbox"/> choco-granola - \$1.50 (50g)<br><b>organic</b>                            |
| <input type="checkbox"/> corn flakes -\$1 (50g)<br><b>organic</b> <b>gluten-free</b>                      | <input type="checkbox"/> wheat germ - \$.50 (35g)<br><b>organic</b> <b>raw</b>                     |
| <input type="checkbox"/> multigrain O's - \$1 (50g)<br><b>organic</b>                                     | <input type="checkbox"/> oat bran - \$.25 (30g)<br><b>organic</b> <b>raw</b>                       |
| <input type="checkbox"/> golden granola - \$1 (50g)<br><b>organic</b>                                     | <input type="checkbox"/> cinnamon - \$.25 (5g)<br><b>raw</b> <b>gluten-free</b>                    |
| <input type="checkbox"/> shredded wheat - \$1 (50g)   | <input type="checkbox"/> nutmeg - \$.50 (5g)<br><b>raw</b> <b>gluten-free</b>                      |
| <input type="checkbox"/> raw barley flakes - \$.25 (30g)<br><b>organic</b> <b>raw</b>                     | <input type="checkbox"/> chocolate cranberry - \$1.50 (40g)<br><b>organic</b>                      |
| <input type="checkbox"/> raw rye flakes - \$.25 (30g)<br><b>organic</b> <b>raw</b>                        | <input type="checkbox"/> chocolate goji - \$2 (35g)  |
| <input type="checkbox"/> raw spelt flakes - \$.50 (30g)<br><b>organic</b> <b>raw</b>                      | <input type="checkbox"/> chocolate chips - \$.75 (40g)<br><b>gluten-free</b>                       |
| <input type="checkbox"/> raw quinoa flakes - \$1.35 (30g)<br><b>organic</b> <b>raw</b> <b>gluten-free</b> | <input type="checkbox"/> cacao nibs - \$1.75 (20g)<br><b>organic</b> <b>raw</b> <b>gluten-free</b> |

for more information about the ingredients and to calculate the nutritional content of your mix, visit [meandgoji.com](http://meandgoji.com)

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## FRUIT

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li><input type="checkbox"/> goji berry - \$2 (40g)<br/>organic raw gluten-free</li> <li><input type="checkbox"/> bing cherry -\$1.90 (45g)<br/>raw gluten-free</li> <li><input type="checkbox"/> diced apple - \$1.75 (45g)<br/>raw gluten-free sweetened w/ apple juice</li> <li><input type="checkbox"/> cranberry - \$1.90 (45g)<br/>organic raw gluten-free sweetened w/ apple juice</li> <li><input type="checkbox"/> mango - \$1.90 (45g)<br/>organic raw gluten-free</li> <li><input type="checkbox"/> mulberry - \$2 (40g)<br/>organic raw gluten-free</li> <li><input type="checkbox"/> strawberry - \$2 (40g)<br/>raw gluten-free sweetened w/ apple juice</li> <li><input type="checkbox"/> jumbo thompson raisin - \$.60 (40g)<br/>organic raw gluten-free</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> banana- \$1.60 (40g)<br/>gluten-free</li> <li><input type="checkbox"/> golden raisin - \$1.60 (40g)<br/>gluten-free</li> <li><input type="checkbox"/> raspberry - \$2.00 (30g)<br/>gluten-free</li> <li><input type="checkbox"/> goldenberry- \$2 (35g)<br/>gluten-free</li> <li><input type="checkbox"/> maine wild blueberry- \$2 (35g)<br/>gluten-free sweetened w/ white grape juice</li> <li><input type="checkbox"/> zante currant - \$.75 (50g)<br/>gluten-free</li> <li><input type="checkbox"/> coconut - \$.30 (25g)<br/>organic gluten-free</li> </ul> |
|---|---|

## NUTS & SEEDS

- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li><input type="checkbox"/> chia - \$2 (40g)<br/>organic raw gluten-free</li> <li><input type="checkbox"/> pumpkin - \$.70 (35g)<br/>organic raw gluten-free</li> <li><input type="checkbox"/> sesame - \$.75 (45g)<br/>organic raw gluten-free</li> <li><input type="checkbox"/> sunflower - \$.60 (50g)<br/>organic raw gluten-free</li> <li><input type="checkbox"/> flax (whole) - \$.40 (35g)<br/>organic raw gluten-free</li> <li><input type="checkbox"/> amaranth - \$.40 (30g)<br/>organic raw gluten-free</li> <li><input type="checkbox"/> almond (sliced) - \$1.10 (40g)<br/>raw gluten-free</li> <li><input type="checkbox"/> brazil (chopped) - 1.90 (50g)<br/>raw gluten-free</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> macadamia (chopped) - \$2 (45g)<br/>organic raw gluten-free</li> <li><input type="checkbox"/> pecans (chopped) - \$1.60 (45g)<br/>raw gluten-free</li> <li><input type="checkbox"/> pine - \$1.80 (25g)<br/>raw gluten-free</li> <li><input type="checkbox"/> walnut (chopped) - \$1.75 (50g)<br/>raw gluten-free</li> <li><input type="checkbox"/> pistachio - \$1.90 (40g)<br/>organic raw gluten-free</li> <li><input type="checkbox"/> soy nut (roasted) - \$.50 (50g)<br/>organic gluten-free</li> <li><input type="checkbox"/> cashew (pieces) - \$1.50 (45g)<br/>organic raw gluten-free</li> </ul> |
|---|--|