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 Distributed by Morini Brands Inc.
 Elwood City, PA 16117
 Contact us at www.morinibrands.com
 American Vegetarian Association
 Certified Vegan

Keep Frozen or Refrigerated.
 For Best Quality use within 5 days after
 opening or can be tightly sealed and re-frozen.

Derived from natural color, natural flavor, and natural onion, salt, natural beet powder, papadaya, than 2%, *canele beans, *green lentils, *chia, *canele beans, *rice bran oil, *rice protein, WATER, RICE MILK [*BROWN RICE, FILTERED RICE MILK [*BROWN RICE, FILTERED RICE MILK [*WHITE RICE, *RICE VINEGAR], *WILD RICE], RICE PUREE [*BROWN WATER, *BROWN RICE, *BLACK RICE, BASE MEAT ALTERNATIVE [FILTERED INGREDIENTS: *RISOFU® - (RICE CURD

INGREDIENTS:

Appliances vary. Heating times are approximate.

Each heating method DO NOT OVERHEAT.

Low heat 2-3 minutes or until warm.

STOVE TOP: In pan, lightly brush with your favorite oil.

Medium 1-2 minutes or until warm.

MICROWAVE: In this tray, remove lid, peel back film

Best when heated in microwave.

heated from a frozen or thawed temperature.

Or if you prefer, Spread Instead™ can be

FULLY COOKED, SIMPLY THAW & EAT.

Nutrition Facts	
Amount/serving	% Daily Value
Total Fat 8g	10%
Sodium 590mg	10%
Total Carb. 24g	9%
Sat. Fat 3g	15%
Dietary Fiber 3g	11%
Total Sugars 1g	2%
Incl. 7g Added Sugars	14%
Cholest. 0mg	0%
Protein 10g	0%
Vitamin D 0mcg	0%
Iron 2mg	10%
Vitamin B6 0.1mg	6%
Calcium 50mg	4%
Potassium 170mg	4%
Vitamin B12 0.7mcg	30%

Smarter Benefits
 Gently Created with Natural Nutrition
 Risotto Ensuring Maximum Great Taste/Soy Free
 100% Pure Plant Goodness

Made with RISOFU® (the-ZOE-fo),
 The World's First Rice Based (NOT SOY) meat alternative.
 Its whole-grain goodness offers well-rounded nutrition and
 great flavor experiences. Fully cooked and ready to serve.
 Heap on your favorite bread for a satisfying meal, spread on
 crackers for a rewarding snack, or grab your favorite tortilla
 to create amazing wraps or quesadillas!
 Hot, warm or chilled – choose Spread Instead™ and create
 great food moments.
 Leave meat behind with Risofu® it's smarter to Spread Instead™.
 It's Simply Better! Visit Risofu.net

SpreadInstead.com

NEW
Oven Baked
& Ready
for

SANDWICHES
WRAPS & more

FULLY COOKED

A Good Source
 of Iron & Dietary Fiber
 410 mg of Omega-3s

GREAT
TASTING

10g Protein/3 oz.

made with
Organic Ingredients

200
 CALORIES

8 g
 TOTAL FAT
 10% DV

590 mg
 SODIUM
 26% DV

11 g
 SUGARS

Soy-Gluten Free
 Non GMO

4 SERVINGS

NET WEIGHT 12 OZ (340g)

Morini Brands
RISOFU®
 "Nature's Meat Alternative"

Spread INSTEAD™

NATURE'S SMARTEST MEAT ALTERNATIVE™

BAR-B-Q
 SWEET & SMOKEY



Recipes:
 SpreadInstead.com

Snackin' Smart
 Stuffed Celery

BANGIN' BUFFALO QUESADILLA

INGREDIENTS

1 each -10" Flour Tortilla
 1oz. Shredded Cheddar Cheese
 2ozs. Bangin' Buffalo Spread Instead*
 1oz. Sautéed Onions
 1oz. Sautéed Red & Green Peppers

INSTRUCTIONS

• Place flour tortilla on cutting board
 • Spread Bangin' Buffalo Spread Instead* on half the flour tortilla.
 • Place shredded Cheddar cheese on the other side of flour tortilla.

• Add sautéed onions and peppers. Fold in half.
 • Place in a non-stick sauté pan, on medium high heat sprayed with cooking spray.
 • Lightly brown on both sides. When done place on cutting board and cut into 3-4 pieces.
 • Serve with Sour cream and Salsa or Guacamole.