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

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

*Organic**Plant Derived
and Xanthan Gum,**fermented sugar,
natural flavor and natural color,**Guar
peppadew, contains less than 2% salt,
roasted onion, rosemary,
*beet powder, black pepper, roasted
*cannellini beans, *green lentils, *chia,
*WATER, RICE BRAN OIL), *rice protein,
MILK [*BROWN RICE, FILTERED
*WHITE RICE, *RICE VINEGAR], RICE
*BROWN RICE, *BLACK RICE, *WILD
*RISOFU® - (RICE CURD BASE MEAT
ALTERNATIVE [FILTERED WATER,
*BROWN RICE, *BLACK RICE, *WILD
*WHITE RICE, *RICE VINEGAR], RICE
*cannellini beans, *green lentils, *chia,
*beet powder, black pepper, roasted
garlic, roasted onion, rosemary,
peppadew, contains less than 2% salt,
natural flavor and natural color,**Guar
and Xanthan Gum,**fermented sugar,
*Organic**Plant Derived

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.

OVEN: first transfer to a suitable container

(350° F for 10-15 min).

Medium 1-2 minutes or until warm.

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

on one corner to vent or transfer desired portion to

suitable container. Set desired time. Stir if needed.

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 6g	8%
Sodium 390mg	17%
Total Carb. 17g	6%
Sat. Fat 2.5g	13%
Trans Fat 0g	0%
Dietary Fiber 3g	11%
Total Sugars <1g	0%
Incl. Og Added Sugars	0%
Cholest. 0mg	0%
Iron 1.5mg	8%
Vitamin B6 0.3mg	20%
Potassium 140mg	2%
Vitamin B12 0.8mcg	30%
Calcium 50mg	4%
Vitamin D 0mcg	0%

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

Made with RISOFU® (the-ZOE-Foo),
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

9 g Protein/3 oz.

made with
Organic Ingredients

160
CALORIES

6 g
TOTAL FAT
8% DV

390 mg
SODIUM
17% DV

LESS
THAN 1 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™

ROASTY GARLIC
WITH ROSEMARY & BASIL



Snackin' Smart
Stuffed Celery

Recipes:
SpreadInstead.com

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.