

Another great food innovation by



- ~ Perfectly cooked grain, ready to serve
- ~ Excellent source of healthy plant based protein
- ~ Reduced cooking times for quicker prep

Brown Rice 🌾 Quinoa 🌾 Amaranth Seeds 🌾 Wheat Berries 🌾 Freekeh 🌾 Various Lentils 🌾 Baby Garbanzo Beans 🌾 Barley




Why Sous Vide Ancient Grains?

Sugar Creek's Sous Vide Ancient Grains allows for a perfect cook and consistent product. The product is measured, and vacuum sealed for cook via sous vide. Then the product is removed from cook pouch by the end user and prepared as desired. The popularity of ancient grains as a healthy plant-based source of protein has skyrocketed in the last 3 years with many applications in both retail and food service.

Benefits of Ancient Grains

The American Heart Association notes, whole grains like brown rice or quinoa help lower cholesterol and lower the risk of heart disease and type 2 diabetes.

	Dry	Retort Pouch	
Precision Cook			🌾
Consistent Cook			🌾
Reduced Cook Time		🌾	🌾
Reduce Labor		🌾	🌾
Extended Shelf Life		🌾	🌾
Eliminates Dry Ingredients		🌾	🌾
Minimal Clean-Up		🌾	🌾
Quick Prep		🌾	🌾
Easier to Separate	🌾		🌾
Clean Label	🌾		🌾

sugarcreek.com/ancientgrains