

emergency aid soup 4 you



easy® Lentils

Linsensuppe - Trockenmischung
Sopa de lentejas - mezcla seca
Lentil soup - dry mix

500 g

Notfallnahrung - hoher Proteingehalt
Comida de emergencia - alto proteinácea
Emergency food - high protein content

(8-10 Rationen / raciones / rations)
Mindestens 3 Jahre haltbar
Duradero por al menos 3 anos
Durable for at least 3 years



Hoch Proteinhaltige Notfallnahrung (8-10 Rationen)
Comida de emergencia alto proteinácea (8-10 raciones)
High protein-containing emergency food (8-10 rations)
500g

D-Zutaten:

33 % vorgekochte Linsen, 27 % Linsen Pulver, getrocknete Kartoffeln, Kartoffelpulver, getrocknete Karotten, getrocknete Lauchflocken, getrockneter Schnittlauch, getrocknete Petersilie, Brühe (Salz, Zucker, Maltodextrin, pflanzliches Fett, Liebesstockwurzelpulver, Zwiebeln, Sellerie, Karotten, Hefeextrakt, Gewürz)

E-Ingredientes:

33% de lentejas precocinadas, 27% lentejas en polvo, papas secas, polvo de papa, zanahorias secas, hojuelas de puerro secas, cebollin seco, perejil seco, caldo (sal, azúcar, maltodextrina, grasa vegetal, raíz de apio en polvo, cebollas, ajo, zanahorias, extracto de levadura, especias)

GB-Ingredients:

33% pre-cooked lentils, 27% lentils powder, dried potatoes, potato powder, dried carrots, dried leek flakes, dried chives, dried parsley, broth (salt, sugar, maltodextrin, vegetable fat, lovage root powder, onions, celery, carrots, yeast extract, seasoning)

Nährwerte je / valor nutritivo por / nutritional value per	100 g
Energie / valor energético / energy	1056kJ / 249 kcal
Fett / grassas / fat	1,5 g
davon / de las cuales / of which gesättigte Fettsäuren / saturadas / saturates	0,5 g
Kohlenhydrate / hidratos de carbono / carbohydrate	41,2 g
davon / de los cuales / of which Zucker / azúcares / sugars	0,2 g
Eiweiß - Protein / proteínas / protein	19,1 g
Salz / sal / salt	0,2 g

D-Zubereitung:

Beutel Inhalt in ca. 3,3 ltr. kochendes Wasser geben, Min. 5 Min kochen lassen und gelegentlich umrühren. Ergibt 3,5 ltr. (8-10 Notrationen)

E-Preparación:

Vierta el contenido en aprox. 3,3 litros de agua hirviendo. Cocina por al menos 5 min. y revuelva. ocasional. Rinde 3,5 ltr. (8-10 raciones)

GB-Preparation:

Bag content pour into approx. 3.3 ltr. boiling water. Cook for at least 5 min. and stir occasionally. Yields 3.5 ltr. (8-10 rations)

Hergestellt in Deutschland
Kühl und trocken lagern
Mind. haltbar bis Ende:

Fabricado en Alemania
Almacenar fresco y seco
consumir preferentemente
antes del fin de:

Made in Germany
Store cool and dry
Best before end:

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FOODSTUFF

The foodstuff exists through a product, registered and protected in Germany, with the name

easy® – emergency aid soup 4 you (easy® soup).

It is a concentrate of legumes and vegetables that has been instantiated. The product was developed as powder, vegetable mix or function bars specifically for emergency aid as well as combat meals. Until now only **easy nutrition** is able to produce this improved format for large availability. Since 2010 **easy nutrition** has specialized entirely in the development and production of "emergency" nutrition and crisis-oriented supply.

easy® as foodstuff for disaster areas

easy® provides essential nutrients to people through simple means. They include especially natural protein (plant protein for the regeneration of the organs) which is available in legumes. Protein is not available in this concentration in any other foodstuff. People do not need meat if sufficient vegetable protein is available. With natural vegetable protein **easy®** supplies the people in disaster areas with adequate nutritional value and also high-grade complex carbohydrates providing people with long-lasting energy. The need for vitamins and vital ingredients is also supplemented in a natural manner through carrots, celery, kitchen herbs, onions, etc. **easy®** contributes to a special degree to maintaining health. With **easy® soup** and **easy® function bar** people receive especially high-grade easily available foods with a broad range of effectiveness and applications.

The uniqueness of easy®

easy® soup is its instantiated, quick-boiling form. Legumes normally have a long preparation time with soaking and cooking. **easy® soup**, because of its instant form, is ready for consumption within roughly 5 minutes thus making a concentrated amount of protein in the form of a well-tasting warm meal quickly available (**culturally and religiously uncritical**). Similar products so far on the market still need four times the preparation time and require much more storage space. These aspects constitute an extremely important advantage in emergency supply making **easy®** so valuable in crisis times.

Another benefit of legumes is the variety of choices, which is not possible, e.g. for grain or rice. People do not easily "get tired" of legumes even after an extended period because the raw material comes in a large variety of types. For example, there are at least 10-12 beans and lentil types. We can make **easy®** in diverse variations. As concentrate it comes in the form of mash, soup, snacks, bars and vegetable mixes. **easy®** is halal, kosher, veggie, hindu and also western type. **It nourishes people also for very long times in a balanced and healthy manner.**

Product Specification

Raw Material:	Beans, Lentils or Peas and Vegetable (Carrot, Bell Pepper, Tomato, Onion, Leek, Garlic), Salt, Curry
Progress:	The raw material is dried carefully with hot air at about 60°C, to prevent browning (drying factor app. 10). This is followed by the cutting and grinding (Grain size customizable), sieving and metal detection. The cleaned material is packed in new ppb.
Pulses:	Cleaning, soaking, precooking, redrying, final cleaning and cutting or grinding (if necessary).
Additives:	Naturally, without artificial additives
Colour:	coloured mixture
Odor:	aromatic like vegetables and herbs
Flavor:	pure to type, no off-flavour

Nutritional Values per 100g	1. Soup „easy-Beans“	2. Soup „easy-Lentils“	3. Soup „easy-Peas“
energy content	961 kJ / 227 kcal	1056kJ / 249 kcal	1071kJ / 252 kcal
Proteins:	19,3 g	19,1 g	18,8 g
carbohydrates :	34,6 g	41,2 g	41,5 g
Fat:	1,5 g	1,5 g	1,5 g

Physical – analytical Parameters:

Rehydration:	max. 1 : 6
Residual moisture:	max. 7,0 %

Microbiological characteristics :

Our products correspond generally to the legal defaults and are examined according to § 64 LFGB.

TPC :	< 10 ⁶ [KBE/g]
Moulds:	< 10 ³ [KBE/g]
Yeasts:	< 10 ³ [KBE/g]
Enterobacteriaceae:	< 10 ³ [KBE/g]
E. coli:	< 10 ² [KBE/g]
Salmonella:	n. n. in 25g

Preparation :

Mix 750 g soup mix with 5000 ml water and cook for app. 5-6 min. Stir once in a while.



easy® soup after opening



easy® soup after preparation



easy® soup in 750 gr package



easy® function bar

Shelf life:

Has a shelf life of min. 36 months when properly stored unopened in original containers. (depending on the recipe and mixture, theoretically no expiration date as long as the packaging is not damaged).

GMO Declaration:

The product is not genetically treated and does not contain any allergens under reference to EU directives 1829/2003/EC, 1830/2003/EC and 2003/89/EC. The product and its packing corresponds regarding quality and marking to the relevant food regulation of Germany and EU in the valid version. The processing took place on the basis of the implemented HACCP-concept. The specification contains approximate values, which can be subject to fluctuations due to the natural origin of the product concerning appearance, odour, taste, drying factor and nutritional values.



CONTACT

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