

Thank you for the explanation about the difference between an illustration and a cartoon, I had no idea. But looking at the options, please use this one instead as it is our favorite one among the 3 options.



But please add it inside this box size, maintaining the image centered with the text on the right.

EL DORADO
QUINOA

Quinoa
El Dorado

Quinoa dates back three to four thousand years ago when the Incas first realized that the quinoa seed was fit for human consumption. According to Wñ Foods, quinoa "was the gold of the Incas," because the Incas believed it increased the stamina of their warriors. It is also called "Supergrain of the Future."

Quinoa is an Andean plant which originated in the area surrounding Lake Titicaca in Peru and Bolivia. Quinoa was cultivated and used by pre-Columbian civilizations and was replaced by cereals on the arrival of the Spanish, despite being a local staple food at the time.

Quinoa has a majestic history among one of the most powerful civilizations on the American continent. It was a staple for the Incas and is still a prominent food source for their indigenous descendants, the Quechua and Aymara people. It was a sacred crop to the Incas who called it the mother of all grains or chisaya mana. The legend states that the Incan emperor would ceremoniously plant the first quinoa seeds every year.

Registro Sanitario No.: RSIA05190583

El Dorado
Quinoa

QUINOA
EL DORADO
whole grain
Naturally Harvested

Quinoa is technically not a grain or cereal grain, but a seed, and does not contain gluten. It is a complete protein containing all nine essential amino acids.

NET WT 10.5oz (300g)

NUTRITION FACTS
Serving Size 1/4 cup dry (56 g)
Serving Per Container 6

Amount Per Serving		% Daily Value*
Calories 190	Calories from Fat 30	
Total Fat 3g		5%
Saturated Fat 0g		0%
Trans Fat 0g		0%
Cholesterol 0mg		0%
Sodium 0mg		0%
Total Carbohydrate 33g		11%
Dietary Fiber 5g		20%
Protein 8g		12%

Vitamin A 2% Vitamin C 0%
Calcium 3% Iron 0%
It is not a significant source of sugars, trans fat and saturated fat.

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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TERRABLANCA IMPACT FARMING S.A.S.
Cra 14A # 94A-96 Of. 301
Tel: 57 - 312 461 4049
info@terrablanca.co
Bogotá D.C. - Colombia

Made in Colombia

HOW TO COOK QUINOA:

- ★ Bring 1 cup quinoa, 2 cups water to boil.
- ★ Reduce the heat to a simmer, cover.
- ★ Cook for about 15 min. until water is absorbed.
- ★ Cooked grains appear soft and translucent.

IF USING RICE COOKER

- ★ Treat quinoa like rice: 2 parts water to 1 part quinoa - stir, cover, cook.

Years ago, Gloria and her family were displaced during Colombia's internal conflict. Today, their story is much different. Now, they are smallholder farmers again in the beautiful Colombian Andes mountains. Thanks to your support, Gloria and many more displaced farmers are restarting their livelihoods and rebuilding ownership of their lands.

INGREDIENTS:
Whole Grain White Quinoa

NET WT 10.5oz (300g)

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This whole recipe section is still not centered between the farmer section and the ingredients sentence