

DAIRY-FREE

# Galaxy Launches Vegan Shreds That Melt, Stretch & Taste Like Real Cheese!

— Made with a Unique Non-GMO Cornstarch Base —



— AVAILABLE IN MARCH 2012 —

## ABOUT GALAXY'S VEGAN SHREDS

Free of all animal products and full of rich cheesy flavor, Galaxy's Vegan Shreds are the perfect addition to your dairy-free or vegan diet, and have that super stretchy melt you love about real cheese without the saturated fats.

**Dairy Free | Casein Free | Soy Free | Gluten Free**  
**Lactose Free | Excellent Source of Calcium**  
**Cholesterol Free | No Hydrogenated Oil | Non-GMO**  
**Saturated Fat Free | Trans Fat Free | No Sugar Added**  
**Kosher Ingredients | Preservative Free**

Vegan Shreds appeal to individuals who live a vegan and/or vegetarian lifestyle, have a milk and/or soy allergy, or simply want to improve their health by following a plant-based diet.

And, Vegan Shreds work in any recipe calling for cheese. Bake Vegan Shreds in your favorite pasta entree, sprinkle them over a salad to add a zest of cheese flavor, or melt them on a pizza for a healthier option. Simply bake at 425° for 7 to 8 minutes for the perfect melt!

Available in convenient 8 oz. resealable bags in Mozzarella & Mexican flavors.

## WHERE TO FIND

Vegan Shreds will be available in March 2012.

At that time, you can use our store finder at:

<http://www.galaxyfoods.com/find-our-products/>

Enter your zip code to find stores near you.

## INGREDIENTS & NUTRITIONALS:

### Mozzarella Style (UPC: 0-77172-64044-0)

**INGREDIENTS:** Water, Cornstarch,\* Canola Oil,\* Rice Maltodextrin,\* Tricalcium Phosphate, Pea Protein,\* Arrowroot Flour,\* Sea Salt, Vegetable Glycerine,\* Natural Vegan Flavors,\* Lactic Acid, Titanium Dioxide\* (a naturally occurring mineral) used as a natural coloring, Sunflower Lecithin,\* Xanthan Gum,\* Powdered Cellulose\* added to prevent caking.

\*Non-GMO. We do not use ingredients that are genetically modified.

Nutrition Facts		Amount Per Serving	%DV	Amount Per Serving	%DV
Serving Size 1/4 cup (28g)		Total Fat 6g	9%	Sodium 190mg	8%
Servings 8		Saturated Fat 0g	0%	Total Carb 7g	2%
Calories 80		Trans Fat 0g		Dietary Fiber 0g	0%
Fat Calories 60		Polyunsat Fat 2g		Sugars 0g	
		Monounsaturat Fat 4g		Protein 1g	
		Cholesterol 0mg	0%		
		*Percent Daily Values (DV) are based on a 2,000 calorie diet.			
		Vitamin A 0% • Vitamin C 0% • Calcium 25% • Iron 0%			

### Mexican Style (UPC: 0-77172-64045-7)

For Mexican flavor, Annatto is added for color.

DELICIOUS  
VEGAN SHRED RECIPE  
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# Galaxy Nutritional Foods Recipes

## SWEET POTATO VEGAN ENCHILADAS

### Ingredients:

- 4 large organic sweet potatoes
- 1 - 15 oz can of organic black beans
- 1 tsp. fresh lime juice
- 1 tbsp. fresh chopped cilantro
- 1 tbsp. olive oil
- 1 large yellow onion, chopped
- 1 Poblano chili, diced
- Salt and pepper
- Cinnamon
- 6 - 8" Maria & Ricardo's vegan tortillas
- Enchilada sauce
- 1 - 8 oz bag Vegan Mexican Style Shreds
- Verde sauce (optional)
- For garnish: dairy-free sour cream, fresh cilantro, lime wedges

**Directions:** Cook sweet potatoes in oven at 400° F for about 40 minutes or until nice and tender. Let potato cool and scrape out inside and put in a separate bowl.

Put black beans in a bowl and season with fresh lime juice and chopped cilantro. Set aside. Sauté onion and pepper on medium-high for 7 minutes and season with salt and pepper. Add cinnamon for additional taste.

Consider warming up tortilla at first and then fill each tortilla with 1/8 serving of each mixture – sweet potato mixture, black bean mixture, onion mixture. Optional: sprinkle Mexican cheese in center of enchilada before rolling. Roll each tortilla and lay lengthwise in 9"X13" glass dish.

Spread enchilada red sauce on top of all tortillas, making sure everything is covered. Sprinkle a good amount of Mexican cheese on top. Bake in oven at 425° F for about 15 minutes or until cheese and sauce is bubbling. Garnish enchilada with sour cream, lime wedge and fresh cilantro.

## HERB FLATBREAD WITH VEGAN MOZZARELLA

### Ingredients:

- 1 medium to large whole wheat flatbread or pre-made pizza shell
- ½ cup prepared pizza sauce
- ¾ cup Vegan Mozzarella Style Shreds
- ¼ red & yellow bell pepper, sliced thin
- 1 roma tomato, sliced into rounds
- ¼ red onion, sliced thin
- ½ small can black olives, sliced
- 1 teaspoon dried Italian seasoning
- Vegan Parmesan Topping
- 6 fresh basil leaves
- Nonstick vegetable oil spray
- 1 pinch kosher salt

**Directions:** Preheat the oven to 425°. Spray a large cookie sheet or sheet pan with a spritz of vegetable oil spray. Place the flatbread on the sheet.

Top the flatbread with the pizza sauce and spread evenly. Distribute the Shreds over the sauce evenly. Add all vegetables, spreading evenly over the surface of the Shreds. Season with kosher salt, Italian seasoning and Vegan Parmesan Topping. Spritz with vegetable oil spray.

Place sheet pan in the oven and bake for 18 minutes, or until the Shreds are melted and light brown.

Remove, and top with basil leaves while still hot. Let cool for 5 minutes to allow ingredients to set. Slice into wedges and serve.



## FREQUENTLY ASKED QUESTIONS...

**Why do Galaxy Vegan Shreds taste and melt like real shredded cheese?** We have spent a tremendous amount of time developing our vegan shreds from natural, non-dairy food materials. Our formulation work has enabled us to match the melt and stretch of dairy cheese in a completely vegan, dairy free product.

**Can you freeze Galaxy Vegan Shreds?** Similar to regular shredded cheese, you cannot freeze Galaxy Vegan Shreds. It will compromise the taste and texture.

**Are Galaxy Vegan Shreds Organic?** No, Galaxy Vegan Shreds are not organic.

**Is the Galaxy Vegan Shreds packaging BPA free?** Yes, the Vegan Shreds packaging is BPA free

**Once opened, how long can Galaxy's Vegan Shreds be used?** Once opened, use within 7 days to ensure best quality.

**What is the base ingredient in Galaxy's Vegan Shreds?** Our Vegan Shreds are made from a unique, non-GMO cornstarch base.

**Why isn't there a corn allergy statement displayed on the Galaxy Vegan Shred packaging?** There is no allergen statement present on our Vegan Shreds packaging because the FDA does not consider corn as a commonly allergenic food. The FDA recognizes only the 8 following foods as common allergens: wheat, dairy, soy, peanuts, tree nuts, shellfish, fish and eggs. Allergies are caused by proteins. Since cornstarch contains little to no corn protein, it is debatable whether cornstarch would cause a reaction in a corn-allergic person.

**What is the expiration date on Galaxy's Vegan Shreds?** The Best By date is located towards the bottom of the back panel of the package.

**Are Galaxy Vegan Shreds Non-GMO?** Yes, none of the ingredients used in Galaxy's Vegan Shreds are derived from genetically modified ingredients.

**Are Galaxy Vegan Shreds Non-GMO Project Verified?** No, at this time our vegan shreds are not Non-GMO Project Verified. We are in the process of obtaining this verification.

**Are Galaxy's Vegan Shreds available outside the United States?** Galaxy's Vegan Shreds are only available in the United States at this time.

**Do your Vegan Shreds carry the Kosher certification?** No, Galaxy's Vegan Shreds are not yet Kosher certified, but all of the ingredients are certified Kosher.

**What if I am not satisfied with Galaxy's Vegan Shreds?** If you don't love our Vegan Shreds, just give us a call at 1-800-441-9419, ext. 224 or visit us online at [galaxyfoods.com/about-us/contact-us](http://galaxyfoods.com/about-us/contact-us) and we'll make it right!