

WORLD'S CRUNCHIEST CRUNCH CRACKER

100% YUCA ROOT



MISSION HEIRLOOM

**YUCAN**

**CRUNCH CRACKER**

NATURALLY GLUTEN FREE

*"yes, you can!"*

# CRUNCH PLATFORM

## #YUCANCRUNCH

Show us how you like to crunch!

Sweet

Simple

Savory



Tiramisu  
- @paleochef



Dark Chocolate with  
Smoked Sea Salt  
- @grazedandenthused



Cinnamon Toast Yucan Crunch  
- @twisted\_paleo\_sisters



Ghee + Himalayan pink salt  
- @heatherpavlik



Tree line cheese and wild  
smoked salmon. Heaven!!  
- @hayleymason



Grass fed butter, Pasture  
raised chicken eggs.  
- @nomnompaleo



Avocado, radish, shaved  
carrots, and micro greens  
- @bulletproof cafe



Crispy, crunchy, baked  
chicken tenders  
- @livinglovingpaleo

# TOAST FIRST



## PAN TOASTED

> Toast on medium heat, usually between 6-10 minutes.



## TOASTER OVEN

> Start on lower setting and test to see where your sweet spot is.



## TOASTER

> We do not suggest using a regular toaster since the cracker tends to get stuck and can cause a fire.



## PAR BAKED- UNTOASTED

> Straight out of the package. Could eat it but it might be a little tough or seemingly stale. Don't worry it's not bad, these crackers last a very long time. Time to toast it!

## LIGHT TOAST

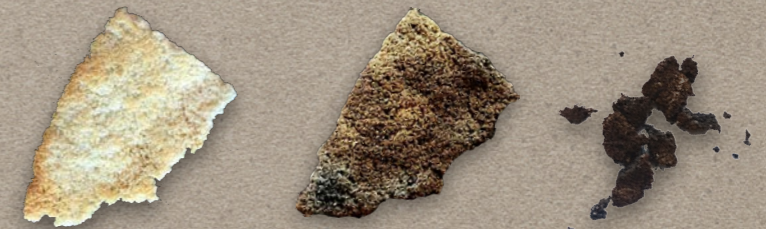
> Experiment to find your desired toast. At this stage the CRUNCH should be satisfying throughout the whole cracker. Notice some crackers are more dense than others, this will affect the toast. Remember these are artisan made, not machine made.

## DARK TOAST

> Some prefer the darker side of things. This might be your toast, smokier and even CRUNCHIER. Be careful though because a little past this toast is called burnt.

## MEDIUM TOAST

> Once you find this sweet spot, lock down the setting and be ready for many years of CRUNCH- A- LICIOUS. Hot out of the oven or skillet, the crackers will sizzle when you add your favorite oils (coconut, butter, ghee, olive oil).



CRUNCHY > > > BURNT > > > FIRE

> **WARNING**, watch out, keep your eyes on the crackers while it's toasting. The crackers consist mostly of fibers and can catch on fire in a very short period of time. Don't say we didn't warn you.

# CRUNCH LINE UP



## QUARTER CUT

> It starts off with these big pieces. It looks like a double wide pizza, lather and layer up.

Hopefully they stayed in tact during shipping, if not, you now have BIG DIPPERS.



## BIG DIPPERS

> These sizes give you the most versatility. Dip into your favorite guacamole, stack avocado as high as you want or smother it with nut butter and chocolate.

We've seen friends make some ridiculous smores and even a tiramisu. check out [#yucan crunch](#).



## BITE SIZE

> At the bottom of the bag you will find these little morsels. Use them as croutons, toppers and poppers.

Roast them with butter and salt, kick back and watch a movie.



## CRUMBS

> Perfect way to top off the apple crumble, bread the chicken and waffle, thicken the sauce or make some bone broth porridge.

Don't let any of these amazing crunch crumbs go to waste.

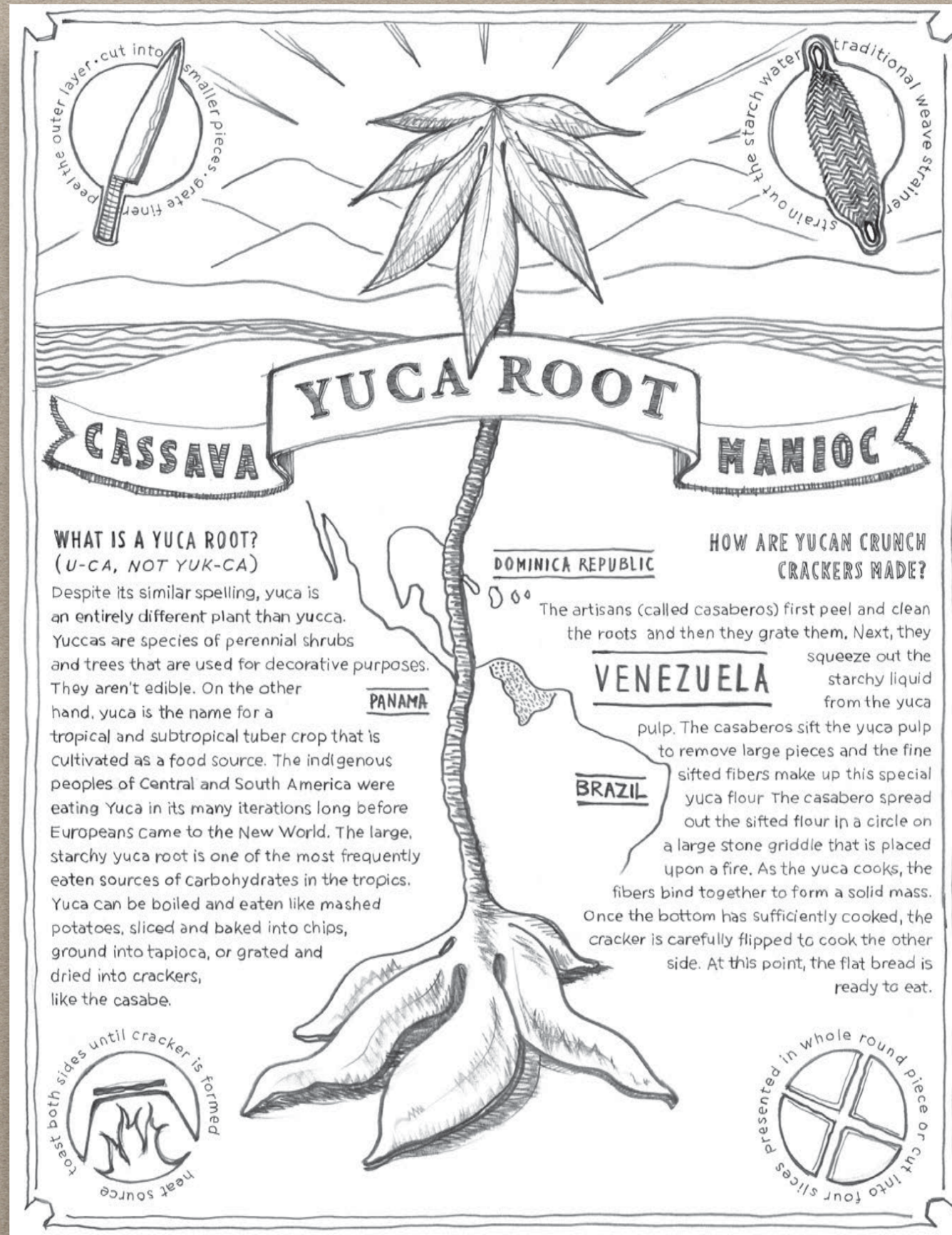
# CRUNCH FACTS



**WE CRAVE CRUNCH**  
 Want to know why we love to crunch and why it feels so good, here's the science behind it. [Go ahead, nerd out!](#)



**CRUMB BRUSH**  
 Crumbs everywhere means you really enjoyed the crunch. Have one of these small brushes around to hide the evidence.



**COOKED PLEASE**  
 Yuca root should always be cooked thoroughly. Best is to purchase the peeled frozen types or our Yucan crunch crackers.



**AIRTIGHT**  
 Best way to store the remaining crunch, if there are any left. In fact, any airtight container will do, even airtight bags.

# STANDARDS

## 1 INGREDIENT

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One ingredient,  
one world,  
one you.  
We don't believe in fillers, binders  
and unnecessary additives.  
One ingredient is as pure  
as it gets.



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Naturally gluten free  
is how these products come. They  
have not been altered or  
adulterated to satisfy a demand in  
the marketplace.

Nature intended to satisfy all our  
senses by giving us these amazing  
ingredients.



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Say that 10 times fast ...

These products are what our  
ancestors ate over 500 years ago.  
We are now realizing they had it  
right all along. Continue on the  
tradition or as we say it,  
Mission Heirloom!

# FAQS

## HOW LONG DO THE CRACKERS LAST?

The Yucan Crunch Crackers are par-baked. As long as they stay dry they actually don't go bad. The aboriginals along the Amazon are known to store the crackers for years.

## WHY DO THE CRACKERS SEEM STALE?

The crackers are made from the Yuca root fibers and will absorb moisture and taste stale if left out in the open. Re-toast as needed and make sure to store them in an airtight container or ziplock bag. After you toast them, they should stay crunchy for 7-10 days if stored properly. None the less, they can be re-toasted a second and even a third time.

## HOW DO I PREVENT THESE CRACKERS FROM BURNING?

Start by using a low to medium setting and gauge the amount of time is needed to toast to your desired color and crunchiness. Always keep an eye on the crackers because the fibers are highly flammable.

## I'M ON KETO OR LOW CARB DIET, CAN I EAT THESE?

The high fiber content in these crackers help your body process the left over resistant starch (aka non-absorbable net carbs) slower. However, we suggest you start with a small amount to test how it affects your system.

## WHERE ARE THESE MADE?

We currently source these crackers from Central and South America. Yes, that's as local as possible since these roots only grow in the tropics.

## CAN I MAKE THESE MYSELF?

Yes, you can certainly try. We don't recommend using the Yuca roots you find in grocery stores because they are covered with a Petroleum based paraffin wax. The roots most likely absorbed the toxic properties in the wax, which also causes tremendous damage to the environment.

TO LEARN MORE VISIT OUR WEBSITE, [MISSIONHEIRLOOM.COM](http://MISSIONHEIRLOOM.COM)

“ These crackers are from the aboriginals in Venezuela. I ate these growing up and still enjoy them now. This is my bread, crunch up! ”

”

-yrmis



## Nutrition Facts

6 servings per container

Serving size 1.5oz (43g)

Amount per serving  
**Calories 150**

% Daily Value\*

Total Fat 0g 0%

Cholesterol 0g 0%

Sodium 0g 0%

Total Carbohydrate 40g 13%

Dietary Fiber 3g 12%

Sugars 0g 0%

Protein 0g 0%

Vitamin A 0g 0%

Vitamin C 0g 0%

Calcium 20mg 2%

Iron 1mg 4%

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet 2,000 calories a day is used for general nutrition advise.

INGREDIENT: 100% YUCA ROOT FIBER  
(that's it, nothing else)

ONE OF THE BEST PREBIOTICS, THIS  
IS WHAT FEEDS THE PROBIOTICS

RESISTANT STARCH = GOOD CARBS

GREAT SOURCE OF DIETARY FIBER

BERKELEY, CALIFORNIA  
[MISSIONHEIRLOOM.COM](http://MISSIONHEIRLOOM.COM)

