



Nutrition Facts

about 13 servings per container
Serving size 1/2 cup dry (40g)

Amount per serving		
Calories 140		
		% Daily Value*
Total Fat 2.5g		3%
Saturated Fat 0g		0%
Trans Fat 0g		
Polyunsaturated Fat 1g		
Monounsaturated Fat 1g		
Cholesterol 0mg		0%
Sodium 0mg		0%
Total Carbohydrate 27g		10%
Dietary Fiber 4g		14%
Soluble Fiber 2g		
Insoluble Fiber 2g		
Total Sugars 0g		
Includes 0g Added Sugars		0%
Protein 5g		
Vitamin D 0mcg 0%	Calcium 20mg 0%	
Iron 1.7mg 10%	Potassium 140mg 2%	

* 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 advice.

INGREDIENTS: WHOLE GRAIN ROLLED OATS.
DISTRIBUTED BY: Walmart Inc., Bentonville, AR 72716
 Store in a cool, dry place.

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COOKING NOTES

Servings	1
Water	1 cup
Oats	1/2 cup
Salt (optional)	1/4 tsp

STOVETOP

- 1 Boil water and salt.
- 2 Stir in oats.
- 3 Cook about 5 minutes, stirring occasionally.

MICROWAVE

- One Serving
- 1 Combine water, salt, and oats in a microwave-safe bowl.
 - 2 Microwave on high for 5 minutes. Stir before serving.
- CAUTION: Bowl may be hot.

Oatmeal Chocolate Cookies

- 1 cup Great Value Shortening
- 1 cup Great Value Pure Granulated Sugar
- 1 cup Great Value Light Brown Sugar, firmly packed
- 2 Great Value Eggs
- 2 Tbsp. Great Value Milk

DIRECTIONS

Heat oven to 375°F. In a large bowl, combine shortening with sugars, adding eggs and vanilla; beat with mixer until well combined. Stir in oats and beat well. Stir in oats and rounded tablespoons of dough. Place cookies on a prepared cookie sheet. Bake 10-12 minutes. Remove from oven when cookies are golden brown. Place cookies on a wire rack to cool.

Yield: 42 cookies

