



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.



COOKING INSTRUCTIONS

Servings	1
Water	1 1/2 cups
Oats	1/2 cup
Salt (optional)	

STOVETOP

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

MICROWAVE

- One Serving:
- 1 Combine water, salt, and oats in a microwaveable 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, mix shortening with sugars, adding eggs and vanilla; beat well. Add oats and beat well. Stir in vanilla and rounded tablespoons of cookie sheets. Bake for 10-12 minutes or until brown. Remove from oven. Place cookies on a wire rack. Yield: 42 cookies.

