



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

1. Boil water in pot.
2. Stir in oats.
3. Cook about 5 minutes, stir occasionally.

MICROWAVING

On Serving:

1. Combine water and oatmeal in microwaveable bowl.
2. Microwave in 30-second intervals, stirring between intervals.

DIETARY

Heat oatmeal to 105°F (40°C) with spoon, adding water and vanilla just before serving. Stir in brown sugar, maple syrup, and raisins. Sprinkle with brown sugar and raisins. Place cookies in bowl.

Yield: 2 cookies

