



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.



30644 1905 00F-100 101H

COOKING

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

STORAGE

Best Serving:

1. Cooked oats are microwaveable.
2. Microwave in 30-second intervals, stirring between servings.

DIRECTIONS

Heat oatmeal in 2-cup pot with 1/2 cup water, stirring frequently with spoon, until water is absorbed and oatmeal is tender. Stir in brown sugar, honey, and optional toppings. Sprinkle with raisins. **Yield: 2 cookies**

Oatmeal Chocolate Chip Cookies

1 cup oatmeal
 1/2 cup brown sugar
 1/2 cup white sugar
 1/2 cup butter
 1 egg
 1/2 cup milk
 1/2 cup raisins
 1/2 cup chocolate chips