SPECIALTY GRAINS

100% EMPLOYEE OWNED

KING ARTHUR BAKING COMPANY ESTD 1790

GLUTEN-FREE & WHOLE GRAIN

Rolled Oats

11g PROTEIN PER SERVING

NET WT 40 OZ (2 LBS 8 OZ) 1.13 kg

CERTIFIED GLUTEN FREE GFCO.ORG

NON GMO Project VERIFIED nongmoproject.org

100% WHOLE GRAIN 58g or more per serving WholeGrainsCouncil.org EAT 48g OR MORE OF WHOLE GRAINS DAILY

Ideal for oatmeal, muffins, pancakes, and cookies.

OUR RECIPE FOR

Oatmeal

	1 serving	2 servings	3 servings	4 servings	5 servings
Rolled Oats	½ cup	1 cup	1½ cups	2 cups	2½ cup
Water or Milk	1 cup	2 cups	3 cups	4 cups	5 cups
Salt, optional	pinch	⅛ teaspoon	¼ teaspoon	⅜ teaspoon	⅝ teaspoon

STOVETOP INSTRUCTIONS

- In a small saucepan, bring water or milk and salt to a boil.
- Stir in the oats.
- Reduce heat to medium and cook uncovered for 6 to 7 minutes, stirring occasionally.

MICROWAVE INSTRUCTIONS (SINGLE SERVING)

- Place oats, water or milk, and salt, in a wide 8-cup microwave-safe bowl.
- Microwave on high for 5 to 6 minutes; use longer time for creamier oats.
- Rest for 5 minutes and stir before serving.

OUR RECIPE FOR

Fruity-Nutty Oat Cookies

8 tablespoons (113g) unsalted butter, room temperature

1 cup (213g) brown sugar, packed

1 large egg

2 teaspoons King Arthur Pure Vanilla Extract

1 teaspoon cinnamon

¾ teaspoon salt

1¾ cups (161g) King Arthur Oat Flour*

1 teaspoon baking powder

½ teaspoon baking soda

1½ cups (168g) King Arthur Rolled Oats

1½ cups (149g to 180g) mixed dried fruit, such as cranberries and raisins

1 cup (113g) chopped walnuts or pecans, optional

*Replace with 1¼ cups (150g) King Arthur Gluten-Free Measure for Measure Flour or Unbleached All-Purpose Flour, if desired.

- Preheat oven to 375°F. Lightly grease 2 baking sheets or line with parchment.
- Beat together butter and sugar until well combined, 2 to 3 minutes. Add egg, vanilla, cinnamon, and salt, then beat until fluffy, another 1 to 2 minutes, scraping bowl as needed.
- Beat in flour, baking powder, baking soda, and oats until well combined.
- Stir in fruit and nuts, mixing until evenly incorporated.
- Scoop golf ball-sized rounds of dough onto prepared baking sheets, spacing 1½" apart, 12 per pan. Flatten balls to about 2" in diameter.
- Bake for 15 to 16 minutes for soft cookies, until set around edges and pale in center, or 18 to 20 minutes for crunchy cookies, until golden brown. Rotate pans halfway through baking.
- Remove from oven and cool on pan completely; cookies are fragile when warm.

Yield: about 2 dozen 3" to 3 ½" cookies

Nutrition Facts

About 19 servings per container

Serving size 1/2 cup (58g)

Amount per serving

Calories 220

	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 11g	11%
Vitamin D 0mcg	0%
Calcium 35mg	2%
Iron 3mg	15%
Potassium 218mg	4%

*The % Daily Value 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 Oats.

DISTRIBUTED BY
KING ARTHUR BAKING COMPANY, INC.
NORWICH, VERMONT 05055
800-827-6836 | KingArthurBaking.com

For information on allergens and cross-contact prevention, visit: KingArthurBaking.com/Allergen-Program

Certified Gluten-Free by GFCO | GFCO.org

Store cool and dry.

BAKER'S HOTLINE

WE'RE HERE TO HELP.
Call or chat online with our friendly, experienced bakers.
855.371.BAKE (2253)
KingArthurBaking.com/Bakers-Hotline

Certified B Corporation

We're committed to using the power of business as a force for social and environmental good. Learn more at **BCorp.com**

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