

SPECIALTY GRAINS

100% EMPLOYEE OWNED



GLUTEN-FREE & WHOLE GRAIN

Rolled Oats

11g PROTEIN PER SERVING



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



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	⅓ teaspoon	½ 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 3½" 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.

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

Certified Gluten-Free by GFCO | GFCO.org

Store cool and dry.



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