



CERTIFIED GLUTEN FREE ROLLED OATS

The purest oats available for people with celiac disease
Inspected by celiacs from planting to packaging

COOKED OATMEAL

2 cups water

1/4 tsp salt

3/4 cup Gluten Free Rolled Oats®

Bring water and salt to a boil. Add oats and continue simmering for about 5 minutes. Stir to desired thickness.

Serves 4



Nutritional Information

Serving Size	1/2 cup, uncooked oatmeal
Servings per pound	5.46
Calories 150	Calories from Fat 25
	% Daily Value
Total Fat 3 g	4%
Saturated Fat 0.5%	2%
Trans Fat 0g	0%
Cholesterol 0 mg	0%
Sodium 0 mg	0%
Total Carbohydrate 27 g	9%
Dietary Fiber 4 g	15%
Sugar 1 g	0%
Protein 5 g	7%



Packaged by a caring hand at

BENEFIT YOUR LIFE

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1.5 lbs

