



OLD FASHIONED
OAT BRAN
HOT CEREAL

Have a Grain Day!

HODGSON MILL

OLD FASHIONED
OAT BRAN
HOT CEREAL

Ready In
Minutes



Good Source
of Fiber

HODGSON MILL

OLD FASHIONED
OAT BRAN
HOT CEREAL

**HODGSON
MILL**

Have a Grain Day!

Hodgson Mill Oat Bran Cereal is made from top-quality oats grown in America's heartland. The superior flavor and texture results from our milling process. The oats are milled to remove a portion of the starchy kernel from the fiber-dense bran layer. The end result is a hearty, yet creamy and satisfying cereal, with no fillers or preservatives.

Our Oat Bran Cereal is a good source of fiber, including soluble fiber.



Diets low in saturated fat and cholesterol and rich in fruits, vegetables and grains that contain some types of dietary fiber, particularly soluble fiber, may reduce the risk of heart disease, a disease associated with many factors.



Hodgson Mill is a family owned company expertly milling grain since 1882.



Hodgson Mill promises you wholesome, delicious, quality products from America's Heartland.

Look for the entire line of Hodgson Mill products in the Flour, Corn Meal, Cereal, Pasta, Side Dish, Baking Mix and Gluten Free sections of your supermarket, or visit us online!

HodgsonMill.com

This package sold by weight, not by volume. Contents may have settled during shipping.

OLD FASHIONED
OAT BRAN
HOT CEREAL

Parve

Serving
Suggestion

NET WT 16 oz. (454 g.)



Nutrition Facts

11 servings per container
Serving size 1/3 cup dry (40g)

Amount per serving
Calories 150

% Daily Value*

Total Fat 3g 4%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 27g 10%

Dietary Fiber 5g 18%

Soluble Fiber 2g

Insoluble Fiber 3g

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 7g

Vitamin D 0mcg 0%

Calcium 22mg 2%

Iron 2mg 10%

Potassium 180mg 4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Oats (milled to concentrate Oat Bran).

Hodgson Mill, Inc., 1100 Stevens Ave.
Effingham, IL 62401 • 800.525.0177

Our Customer Service Team is always happy to hear from you. Comments and questions welcome.

This product is not ready to eat. It must be thoroughly cooked.

Produced in a peanut/tree nut free facility. Produced on shared equipment. May contain traces of milk, soy or wheat.

— Oat Bran Hot Cereal —

Servings	Water	Oat Bran Cereal	Salt (optional)
1	1 cup	1/4 cup	1/8 tsp.
2	2 cups	1/2 cup	1/4 tsp.
4	4 cups	1 cup	1/2 tsp.

Range Top Directions

Place ingredients in a saucepan. Bring to a boil over high heat. Reduce heat; cook for 1-2 minutes, stirring occasionally.

For thicker cereal, use less water; for thinner cereal, use more water. For creamier texture, use milk.

Microwave Directions (single servings only)

Place ingredients in an oversized bowl (cereal will expand during cooking, do not leave unattended). Microwave up to 4 minutes (stir after each minute) until cereal reaches desired consistency. Stir briskly and serve.

— Applesauce Oat Bran Muffins —

1-1/2 cups Hodgson Mill Oat Bran Hot Cereal	1-1/2 tsp. baking soda
1-1/2 cups Hodgson Mill All Purpose White Flour	1/2 tsp. salt
1-1/2 tsp. baking powder	1 cup applesauce
1 tsp. cinnamon	4 Tbsp. vegetable oil
1/2 cup brown sugar, packed	2 eggs or 4 egg whites

Preheat oven to 400° F. Line 12 muffin cups with paper liners or grease muffin cups. Blend together dry ingredients. Add remaining ingredients. Mix until well blended. Spoon batter into prepared muffin cups. Let stand 10 minutes. Bake at 400° for 15 minutes or until golden brown. **Yield:** 12 muffins.

— Peanut Butter Oat Bran Cookies —

1/2 cup butter, melted	1/2 tsp. vanilla
1/2 cup white sugar	1/2 cup Hodgson Mill Oat Bran Hot Cereal
1/2 cup brown sugar	1 cup Hodgson Mill All Purpose White Flour
1 egg (or 2 egg whites)	3/4 tsp. baking powder
1/2 cup peanut butter	1/4 tsp. baking soda

Preheat oven to 375° F. Mix melted butter with sugars. Add egg (or egg whites); mix well. Stir in peanut butter and vanilla; beat until smooth. Add remaining dry ingredients; mix well. Drop by teaspoons onto ungreased cookie sheet. Criss-cross on each cookie with the tines of a fork. Bake 10-12 minutes or until golden brown. **Yield:** 36 cookies.