

# STEEL CUT OATS

**Hearty & Delicious**  
100% WHOLE GRAIN OATS

**HODGSON MILL**  
STEEL CUT OATS  
"Also known as Pinhead Oats"

**Hearty & Delicious**  
100% WHOLE GRAIN OATS

Look for the entire line of Hodgson Mill® naturally wholesome and healthful food products in the **Flour, Corn Meal, Cereal, Pasta, and Baking Mix** sections of your supermarket.

**Hodgson Mill Tip**  
Cut down on the cooking time by soaking the oats overnight. Boil 4 cups of water, add 1 cup of Hodgson Mill Steel Cut Oats then cover and leave overnight. In the morning cook on low for 10 min.

**www.HodgsonMill.com**

**RICH IN WHOLE GRAIN**  
TO HELP REDUCE THE RISK OF HEART DISEASE AND CERTAIN CANCERS.

"Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat and cholesterol may reduce the risk of heart disease and certain cancers!"

**Made in the USA**

**Good Source of Protein**  
**High in Soluble Fiber**  
**Cholesterol Free**  
**Sodium Free**  
**All Natural**  
**Parve**

**Nutrition Facts**  
Serving Size: 1/4 Cup (40 g)  
Servings Per Container: about 13

Amount Per Serving		% Daily Value*
<b>Calories</b> 150	<b>Calories</b> From Fat 25	
<b>Total Fat</b> 2.5g		<b>4%</b>
Saturated Fat 0.5g		<b>2%</b>
Trans Fat 0g		
<b>Cholesterol</b> 0mg		<b>0%</b>
<b>Sodium</b> 0mg		<b>0%</b>
<b>Total Carbohydrate</b> 27g		<b>9%</b>
Dietary Fiber 4g		<b>15%</b>
Soluble Fiber 2g		
Insoluble Fiber 2g		
<b>Sugars</b> 1g		
<b>Protein</b> 5g		
Vitamin A 0%	Vitamin C 0%	
Calcium 0%	Iron 10%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Calories:		2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	

**INGREDIENT:**  
100% Natural Whole Grain Steel Cut Oats

**Produced in a peanut/tree nut free environment.**

**OUR GUARANTEE**  
Hodgson Mill, Inc. is dedicated to satisfying consumer demand for fine quality, healthy food products. If for any reason you are not satisfied with this product, we'll make it right. Simply send the complete bottom of this box and your purchase price to: Hodgson Mill, Inc. 1100 Stevens Avenue Effingham, IL 62401 • (800)525.0177 [www.HodgsonMill.com](http://www.HodgsonMill.com)

CARTON MADE WITH **100% Recycled Paperboard**  
MINIMUM 35% POST CONSUMER CONTENT

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

**Sealed Inner Pouch**

**NET WT 18oz. 510g**

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**USE BY:**

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**HODGSON MILL**

Hodgson Mill Steel Cut Oats are grown in the prairies of the Northern Midwest where some of the best oats in the world are grown. Our oats are carefully selected from the finest premium quality oats. Every serving of Hodgson Mill Steel Cut Oats contains 100% whole grain. Our steel cut oats are not rolled and processed like traditional oatmeal. Our whole grain Steel Cut Oats are uniformly cross-cut, which gives them a hearty and delicious taste and texture.

If you want to start your family's morning off with a warm, delicious, whole grain cereal full of nutritional benefits, try Hodgson Mill Steel Cut Oats. They are also great in breads, cookies and many other recipes.

**Stove Top Preparation Instructions**

Servings	Water or Milk*	Hodgson Mill Steel Cut Oats
1	1 - 1/2 cup	1/4 cup
2	3 cups	1/2 cup
4	4 cups	1 cup

**Stove Top**  
1. Bring water to a boil in a saucepan.  
2. Stir in **Hodgson Mill Steel Cut Oats**.  
(Make sure saucepan is large enough for Oats to swell).  
3. Reduce heat to low and simmer uncovered, stir occasionally for 20-25 minutes or until oats are of desired consistency.  
See side panel for time saving tip.

**Microwave**  
(Use for single servings only)  
1. Mix 1/4 cup of Hodgson Mill Steel Cut Oats with 1 1/2 cups of water in a large bowl.  
2. Cook on full power for 5 minutes.  
(Cereal will expand during cooking, DO NOT LEAVE UNATTENDED)  
3. Stir and cook for another 5 min.  
Microwaves vary in size and power, cooking times may need to be adjusted accordingly.  
\* For thicker cereal, use less water or milk. For thinner cereal use more water or milk.

**OLD FASHIONED OATMEAL COOKIES**

1/2 cup Hodgson Mill Steel Cut Oats	3/4 cup butter	1 tsp. salt
2 1/2 cups Hodgson Mill Naturally White Flour	1 1/2 cups sugar	1 tsp. cinnamon
1 cup water	1 egg	1/4 tsp. nutmeg
1 1/2 cups raisins	1 tsp. vanilla	1/4 tsp. ground cloves
	1 tsp. baking soda	3/4 cup chopped nuts

In a small saucepan, bring oats and water to a boil. Reduce heat to simmer and stir for 10 minutes. Remove pan from heat and fold in raisins. Allow mixture to cool. Preheat oven to 375°F. Lightly grease two baking sheets. In a large mixing bowl, cream together butter and sugar. Add egg and vanilla beating until smooth. In a separate bowl, blend dry ingredients together. Add dry ingredients to creamed ingredients mixing well. Fold in softened oats, raisins and nuts. Using a large spoon, drop cookie dough onto prepared baking sheet evenly spacing to allow for spreading. Bake in a 375°F oven for 10 - 12 min. or until golden brown. Remove cookies from baking sheet and cool on wire racks. Yields: 48 cookies

For other delicious Steel Cut Oat Recipes, Visit us at [www.HodgsonMill.com](http://www.HodgsonMill.com)

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