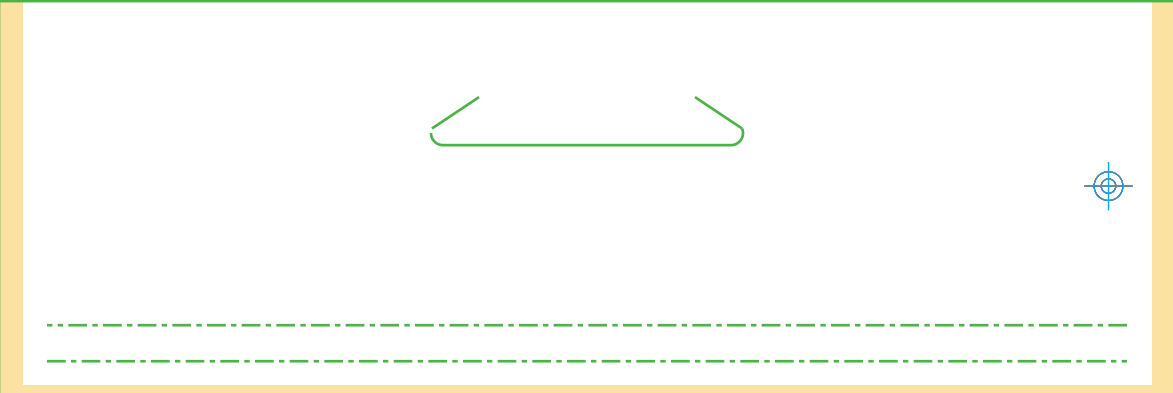


Hodgson Mill
Print Side
Sample 9810



I318A



**HODGSON
MILL**

WHOLE GRAIN
**THICK CUT
ROLLED OATS**

Our Gluten Free Thick Cut Rolled Oats are both additive and preservative free. This product is produced in a gluten free environment and batch tested using an ELISA Gluten Assay test to ensure that a quality product is delivered to you, our most valued customer.
At Hodgson Mill,
"We do something special for all our customers".

Visit Us At
HodgsonMill.com

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 bottom of this box and your purchase price to:
Hodgson Mill, Inc. 1100 Stevens Avenue
Effingham, IL 62401 • (800)525.0177



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

Certified
**Gluten
Free**



Good Source of Protein
All Natural
High Fiber
Low Fat
No Salt

WHOLE GRAIN

**THICK CUT
ROLLED OATS**



NET WT 18oz. 510g

**HODGSON
MILL**
WHOLE GRAIN
**THICK CUT
ROLLED OATS**



USE BY:

**HODGSON
MILL**

WHOLE GRAIN
**THICK CUT
ROLLED OATS**

Nutrition Facts

Serving Size: 1/2 Cup (48g)
Servings Per Container: about 11

Amount Per Serving	Calories 170	Calories From Fat 30
	% Daily Value*	
Total Fat 3g	5%	
Saturated Fat .5g	3%	
Trans Fat 0g		
Cholesterol 0mg	0%	
Sodium 0mg	0%	
Total Carbohydrate 33g	11%	
Dietary Fiber 5g	20%	
Soluble Fiber 2g		
Insoluble Fiber 3g		
Sugars 0g		
Protein 6g		
Vitamin A 0%	Vitamin C 0%	
Calcium 2%	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	

INGREDIENTS: Whole Grain Oats

Produced in
peanut/tree nut free environment.

HodgsonMill.com

**HODGSON
MILL**

Have a Grain Day!

WHOLE GRAIN
**THICK CUT
ROLLED OATS**

Servings	Cold Water*	Salt (optional)	Thick Rolled Oats
1	1 cup	dash	1/2 cup
2	1 3/4 cups	1/8 tsp	1 cup
4	3 1/2 cups	1/4 tsp	2 cups

STOVE TOP DIRECTIONS

- Bring water and salt to a boil.
 - Stir in oats.
 - Cook 5 minutes over medium heat: stir occasionally.
- * For creamier oatmeal combine water, salt and oats: bring to a boil: cook as directed.

MICROWAVE DIRECTIONS

- Combine water, salt and oats in a 1 quart (medium) microwaveable bowl.
 - Microwave on high 2 1/2 to 3 minutes: stir before serving.
- * Caution: Bowl may be hot.
Due to differences in microwave ovens, cook time is approximate.

Gluten Free Good Bars

- 2 cups **Hodgson Mill Gluten Free All Purpose Baking Flour**
1 tsp. **Hodgson Mill Xanthan Gum**
3/4 cup brown sugar, packed
3/4 cup white sugar
1 cup **Hodgson Mill Gluten Free Thick Rolled Oats**
1/2 cup chopped nuts (optional)
1/2 cup raisins (optional)

- 1/2 tsp. salt
1 tsp. baking powder
1 tsp. baking soda
3 large eggs, beaten
3/4 cup canola oil
1 tsp. vanilla

Preheat oven to 350° F. Whisk together gluten free all purpose baking flour and xanthan gum until well blended. Add rest of dry ingredients and mix well. Add beaten eggs, oil and vanilla to dry ingredients and mix well. Spread batter into ungreased 9x13 pan and bake for 20-25 minutes, or until lightly browned. Middle may appear soft but will become firmer while cooling. Let cool 20-30 min. before cutting into bars. Yield: 24 bars

Alternate wheat recipe: Use 2 cups regular all purpose flour (or a blend of whole wheat and all purpose), remove xanthan gum and increase salt to 1 tsp.

