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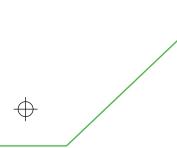
WHOLE GRAIN QUICK

Our Gluten Free Quick 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".

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**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 6240 I • (800)525.0177





WHOLE GRAIN

**Nutrition Facts** Serving Size: 1/2 Cup (46g) Servings Per Container: about 11

Amount Per Serving

Calories 170 Calories From Fat 25 % Daily Value\* Saturated Fat .5g 3% Trans Fat 0g Cholesterol 0mg 0% 0% Sodium 0mg 11% otal Carbohydrate 32g 20% Dietary Fiber 5g Soluble Fiber 20 Insoluble Fiber 3 Sugars 0g rotein 6g

'itamin A 0% Vitamin C 0% Calcium 2% Iron 8% ercent Daily Values are based on a 2,000 calorie diet. our Daily Values may be higher or lower depending or Total Fat Less than
Sat Fat Less than
Cholesterol Less than
Sodium Less than
Total Carbohydrate 20g 300mg 2400mg 300g 25g 25g 300mg 2400mg 375g

**INGREDIENTS:** Whole Grain Oats

Produced in peanut/tree nut free environment.

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## WHOLE GRAIN

Servings	Cold Water*	Salt (optional)	Quick 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

1. Bring water and salt to a boil. 2. Stir in oats.

3. Cook 1 minute over medium heat:

stir occasionally

For creamier oatmeal combine water, salt and oats: bring to a boil: cook as directed.

#### MICROWAVE DIRECTIONS

(use for single serving)

1. Combine water, salt and oats in a 1 quart (medium) microwaveable bowl.

1/2 cup honey or maple syrup \*

1/4 cup coconut oil, melted

1/3 cup dried apricots, diced

1/2 cup chopped nuts (optional)

1/3 cup dried cranberries

1/3 cup raisins

2. Microwave on High 11/2 to 2 minutes: stir before serving. \* Caution: Bowl may be hot.

Due to differences in microwave ovens, cook time is approximate.

# **Gluten Free Granola**

2 1/2 cups Hodgson Mill Gluten Free Quick Rolled Oats

1/2 cup unsweetened shredded coconut

1 1/2 teaspoons ground cinnamon

1/2 teaspoon ground ginger (optional)

1/4 teaspoon ground nutmeg

1/8 teaspoon salt

Preheat oven to 300° F. Grease a rimmed baking sheet.

Place oats, coconut, cinnamon, ginger, nutmeg and salt in a large bowl and stir well to combine. Add honey and coconut oil and mix well until the oats are uniformly sticky.

Evenly spread oat mixture on the prepared baking sheet.

Place in preheated oven and bake for 15 minutes. Remove baking sheet and stir granola well. Return to oven and bake for another 15 to 20 minutes, until golden brown.

While mixture is still warm, stir in raisins, dried cranberries and dried apricots. Cool. Store in airtight container.

\*(use honey and add 1/8 tsp. maple extract or more if you like a stronger maple taste)

Makes 4 cups

Each 1/2 cup serving contains 294 calories, 11g total fat, 8g saturated fat, 0g trans fat, 0mg cholesterol, 41mg sodium, 49g carbohydrates, 4g fiber, 4g protein

















**USE BY:** 





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