

Simple
Foods
COOKING

Organic Quick Oats



INGREDIENTS:

Organic Whole Grain Oats
Packaged on equipment that also
produces nut products.

Nutrition Facts

About 12 servings per container

Serving size 1/2 cup (57g)

Amount Per Serving
Calories **230**

% Daily Value*

Total Fat 4g **5%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 37g **13%**

Dietary Fiber 6g **21%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

Protein 9g

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 2.3mg 15%

Potassium 200mg 4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Package Weight:
24 oz. (680g)



ORGANIC COCONUT SUGAR

Chocolate Chips

16 OUNCE

Ingredients:

Organic Coconut Blossom Sugar, Organic Cocoa Liquor, Organic Cocoa Butter, Organic Sunflower Lecithin



ORGANIC QUICK *Oats*

16 OUNCE

Baked Oatmeal

½ cup butter or olive oil

½ cup honey

2 eggs

3 cups Simple Foods Gluten Free Organic Quick Oats

2 teaspoon baking powder

1 teaspoon pink salt

1 cup almond milk

1 teaspoon cinnamon

1. Mix all ingredients together and put in 9x9 pan
2. Bake at 350 for 25-30 minutes
3. Serve with yogurt and fresh or frozen fruit

Ingredients:

Organic Whole Grain Oats

