

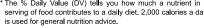
Organic Quick Oats



INGREDIENTS:

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

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	49





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



Organic Whole Grain Oats

