



# Regular Rolled Oats

## Cereals & Grains

Cereals and Grains are staples in all diets. Enjoy our large variety of grains, cereals, pastas, and rice.

## Regular Rolled Oats

Augason Farms Regular Rolled Oats make for a good hot or cold cereal that gives long lasting energy and can also be added to many recipes

## Old Fashioned Oatmeal Bread

- 4 1/2 cups unbleached flour
- 2 cups boiling water
- 1 cup Augason Farms Regular Rolled Oats
- 1/4 cup sugar
- 1/4 cup molasses
- 1 heaping tablespoon yeast
- 2/3 cup lukewarm water
- 1 teaspoon salt
- 1 tablespoon butter

Combine yeast with 2/3 cup lukewarm water and let sit. Bring 2 cups water to a boil. Place oats, sugar, butter, and salt in a large bowl, pour boiling water over top, mix and let stand until lukewarm. When cooled, add yeast and mix. Add flour in small amounts, mixing well after each addition. When dough sticks together, take out of bowl and knead in remaining flour. Wash and dry bowl, add about 1 teaspoon oil and flip dough in bowl a few times to coat with oil. Cover and let rise until double. Split dough in half, place into two oiled bread pans. Let rise again for 1 hour. Bake at 400°F for 40-45 minutes.

## DIRECTIONS:

- For each serving:
1. Boil 1 cup of water.
  2. Stir in 1/2 cup oats
  3. Cook for 10 minutes, stirring occasionally.
  4. Remove from heat and let stand one minute.

Serve with honey and milk. Also good in cookies, breads and granola.

## Peanut Butter Rolled Oat Clusters

- 2 cups sugar
- 1/2 cup milk
- 1/2 cup butter
- 1/8 teaspoon salt
- 1 teaspoon vanilla
- 1 cup peanut butter
- 3 cups Augason Farms Regular Rolled Oats
- 1/2 cup chopped peanuts – optional

Combine sugar, milk, butter, and salt. Stir. Bring to a full boil. Let boil for 1 minute. Remove from heat, add vanilla and peanut butter. Stir until smooth. Add rolled oats and peanuts, mix well. Drop by teaspoons onto parchment paper. Let set.

## Nutrition Facts

Serving Size: 1/2 cup (47g dry)  
Servings Per Container: 222

Amount Per Serving	
<b>Calories 180</b>	<b>Calories from Fat 25</b>
<b>% Daily Value*</b>	
<b>Total Fat 3g</b>	<b>5%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 0mg</b>	<b>0%</b>
<b>Total Carbohydrate 31g</b>	<b>10%</b>
Dietary Fiber 5g	<b>20%</b>
Sugars 0g	
<b>Protein 6g</b>	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 15%
*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	<b>Calories 2,000 2,500</b>
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 30g
Calories per gram:	Fat 9 Carbs 4 Protein 4

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**INGREDIENTS:** Whole grain oats.

Processed in a plant that handles wheat, egg, dairy, soybean, peanut, cashew, walnut, and almond products.

Contains oxygen absorber. Discard immediately upon opening.

Shelf Life: Best when stored in a cool dry place at temperatures between 55° and 70° F (ideal humidity 15%). Sealed: to 30 years / Opened: to 1 year

Shelf life estimates are based on industry studies from sources deemed reputable. Since Augason Farms has no control over individual storage practices, they must disclaim any liability or warranty for particular results.

**222 SERVINGS**  
**NET WT. 23 LBS (10.43 kg)**