

CINNAMON RAISIN OATMEAL

Nutrition Facts

Serving Size 1/2 cup
Dry (68g) Prepared (226g)
Servings Per Container About 10

Amount Per Serving	Dry Prepared	
Calories	240	240
Calories from Fat	20	20
	% Daily Value**	
Total Fat 2g*	3%	3%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Cholesterol 0mg	0%	0%
Sodium 115mg	5%	5%
Total Carbohydrate 50g	17%	17%
Dietary Fiber 4g	16%	16%
Sugars 25g		
Protein 8g		
Vitamin A	0%	0%
Vitamin C	2%	2%
Calcium	10%	10%
Iron	10%	10%

*Amount in Dry.

**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
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

DIRECTIONS: (Stir contents of bag with a large spoon before measuring.)

Microwave: In a large (1 qt) microwavable bowl combine 2/3 cup water and 1/2 cup oatmeal mix and stir together. Microwave on medium heat for 1-2 minutes, stir and microwave for an additional 1-2 minutes, or until desired consistency. Stir once or twice while cooking. Let stand for 2 minutes. **NOTE:** Microwave ovens vary. Cooking times are approximate, and overheating can cause oatmeal to boil over. **Stove Top:** Boil 2/3 cup water. Add 1/2 cup oatmeal and cook for 3 minutes on medium heat, stirring occasionally. **Out & about:** Add 2/3 cup boiling water to 1/2 cup oatmeal mix and allow to sit for 2 minutes. It won't have the same consistency of oatmeal prepared on the stove or microwave, but it's still yummy!

Yield: 1 serving

*Mix stays fresh longer if stored in freezer.

Ingredients: Rolled Oats, Raisins, Non-Fat Milk, Brown Sugar, Cinnamon, and Salt.

CONTAINS: MILK

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Produced in a facility that uses: Wheat, Eggs, Tree Nuts, Dairy, and Soy.

Weight: 1 lbs 8oz