

TESTED

CRANBERRY ALMOND OATMEAL

The nutrition, ingredient, and allergen information on this page applies to this recipe only. If your ingredients/scoop sizes/measurements/flour added at the mixer/cut weights/yields/ final or bake weights and other areas that affect nutrition vary from those stated in the *Great Harvest Standard Ingredients and Measurements List* and or those identified in this recipe you will need to notify the Nutrition Specialist so the nutrition, ingredient, and allergen information can be updated for accuracy. It will be assumed that the listed amount of flour added at the mixer or the amount listed for a “normal” addition will be used unless otherwise noted. Please remember to list ingredient components in the parenthetical statements found in the ingredients lists, adjust the allergen statement as necessary as advised by the asterisked statements, and then remove asterisks after making changes.

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. Microwave on medium 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.*

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Nutrition Facts			
Serving Size 1/2 cup Dry Mix (47g)			
Servings Per Container About 14			
Amount Per Serving			
Calories 190		Calories from Fat 40	
% Daily Value*			
Total Fat 4.5g		7%	
Saturated Fat 0g		1%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 75mg		3%	
Total Carbohydrate 31g		10%	
Dietary Fiber 3g		13%	
Sugars 16g			
Protein 6g			
Vitamin A 0%		Vitamin C 2%	
Calcium 8%		Iron 8%	
*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			

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INGREDIENTS: Rolled Oats, Dried Cranberries (INSERT INGREDIENT COMPONENTS HERE), Brown Sugar, Almonds, Non Fat Dried Milk (INSERT INGREDIENT COMPONENTS HERE), Salt.
CONTAINS: ALMONDS AND MILK

*if any ingredient listed contains more than one constituent, you must include a parenthetical statement with the ingredient components for that ingredient. (E.g. Pecans (Pecans, Salt, Canola Oil))

*If any ingredient contains wheat, milk, eggs, soy, peanuts, tree nuts, fish, or shellfish ingredients those allergens will have to be declared by their common name in the CONTAINS statement (ex. PINE NUTS, WHEAT, MILK, ALMONDS, TUNA, EGGS, SHRIMP, etc.).

**The nutrition information is calculated assuming ½ cup dry mix weighs 47 grams. If this is incorrect, please let the nutrition specialist know so she can update the nutrition information as needed.

