

Maple Oatmeal with Brown Sugar

Serving Suggestion

NET WT 19.0 OZ (540g)



Maple Oatmeal with Brown Sugar

**POUCH MAKES
6 PREPARED CUPS**

Nutrition Facts

Serving Size 1.5 cups (135g)
Servings Per Container 4

Amount Per Serving

Calories 490 Calories from Fat 60

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 25mg **1%**

Total Carbohydrate 102g **34%**

Dietary Fiber 9g **36%**

Sugars 38g

Protein 14g

Vitamin A 0% • Vitamin C 0%

Calcium 10% • Iron 20%

* 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

Sat 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

For 1 serving bring 2 cups of water to a boil. Stir in 1 Cup Oatmeal. Cook 1 minute, stirring occasionally. Let stand 1 minute prior to serving.

INGREDIENTS

Rolled Oats, Brown Sugar, Non Fat Dried Milk, Natural and Artificial flavor.

ALLERGENS: Milk, Wheat.

This product is produced on equipment that also processes products containing Egg, Soy, Milk, Tree Nuts and Peanut.

- NON GMO
- Vegetarian
- Kosher Certified
- No Trans Fats
- Cholesterol Free
- Very Low Sodium
- High Protein
- High Dietary Fiber
- Good Source of Iron

Made in the USA



Nine Grain Cereal Mix

Serving Suggestion

NET WT 16.9 OZ (480g)



Nine Grain Cereal Mix

**POUCH MAKES
10.5 PREPARED CUPS**

Nutrition Facts

Serving Size 2.625 cups (120g)
Servings Per Container 4

Amount Per Serving

Calories 410 Calories from Fat 20

% Daily Value*

Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 88g	29%
Dietary Fiber 15g	60%
Sugars 1g	

Protein 14g

Vitamin A 0% • Vitamin C 0%
Calcium 4% • Iron 20%

* 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
Sat 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

For hot cereal add 1 part nine grain mix to 4 parts boiling water. Reduce heat to medium and continue cooking for 20 to 30 minutes. Stir Occasionally. Add salt to taste.

INGREDIENTS

Hard Red Wheat, Soft White Wheat, Barley, Rye, Oats, Cornmeal, Millet, Buckwheat, Flax Seeds.

ALLERGENS: Wheat.

This product is produced on equipment that also processes products containing Egg, Soy, Milk, Tree Nuts and Peanut.

- NON GMO
- Vegetarian
- Kosher Certified
- Saturated Fat Free
- No Trans Fats
- Cholesterol Free
- Low Fat
- Sodium Free
- High Dietary Fiber

Made in the USA



Old Fashioned Pancake Mix

Serving Suggestion

NET WT 14.1 OZ (400g)



Old Fashion Pancake Mix

**POUCH MAKES
16 - 4" ROUND CAKES**

Nutrition Facts

Serving Size 1.5 cups (100g)
Servings Per Container 4

Amount Per Serving

Calories 740 Calories from Fat 70

% Daily Value*

Total Fat 8g	12%
Saturated Fat 1.5g	8%
Trans Fat 1.5g	
Cholesterol 35mg	12%
Sodium 900mg	38%
Total Carbohydrate 151g	50%
Dietary Fiber 4g	16%
Sugars 12g	

Protein 16g

Vitamin A 2% • Vitamin C 2%
Calcium 60% • Iron 50%

* 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
Sat 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

1. Add 1 cups mix to 1/2 cup cold water and 2 tablespoons oil-mix.
2. Add more water until desired consistency is reached.
3. Pre-heat oiled skillet/griddle to 375°F.
4. Cook pancakes 1 - 1 1/2 minutes per side until golden brown.

INGREDIENTS: Unbleached wheat flour enriched (niacin, reduced iron, thiamine, mononitrate, riboflavin, folic acid), Sugar, Partially Hydrogenated Soy Bean Oil, Soy Flour, Dextrose, Calcium Sulfate, Corn Flour, Egg Yolks, Sodium bicarbonate, Salt, Buttermilk, Sodium Aluminum Phosphate, Whey Protein Concentrate, Maltodextrin, MonoCalcium Phosphate.

ALLERGENS: Egg, Milk, Soy, and Wheat.

This product is produced on equipment that also processes products containing Egg, Soy, Milk, Tree Nuts and Peanut.

- NON GMO
- Good Source of Protein
- Vegetarian
- Kosher Certified
- Uses Sea Salt
- High Calcium

Made in the USA



Strawberry Creamy Wheat

Serving Suggestion

NET WT 16.8 OZ (476g)



Strawberry Creamy Wheat

**POUCH MAKES
10.5 PREPARED CUPS**

Nutrition Facts

Serving Size 2.625 cups (119g)
Servings Per Container 4

Amount Per Serving

Calories 420 Calories from Fat 10

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 60mg **3%**

Total Carbohydrate 88g **29%**

Dietary Fiber 2g **8%**

Sugars 27g

Protein 12g

Vitamin A 0% • Vitamin C 2%

Calcium 15% • Iron 4%

* 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

Sat 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

For 1 servings add 3/4 cup mix to 3 cups cold water. Bring to boil. Reduce heat to simmer for 8 - 10 minutes, stirring often.

INGREDIENTS

Wheat Farina, Sugar, Non Fat Dried Milk, Natural and Artificial Flavor.

ALLERGENS: Milk, Wheat.

This product is produced on equipment that also processes products containing Egg, Soy, Milk, Tree Nuts and Peanut.

- NON GMO
- No Trans Fats
- Vegetarian
- Low Cholesterol
- Kosher Certified
- Very Low Sodium

Made in the USA

