



Quick Rolled Oats

Cereals & Grains

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

Quick Rolled Oats

Augason Farms Quick Rolled Oats are an all natural cereal that cooks up rapidly. They can be easily added in any recipe calling for quick oats.

Oatmeal Caramel White Chip Bars

Crust:

2 cups all-purpose flour	1 teaspoon baking soda
1 1/2 cups packed brown sugar	1/2 teaspoon salt
1 1/4 cups butter or margarine, softened	2 cups Augason Farms Quick Rolled Oats

Filling:

1 (12-ounce) package or 2 cups white chocolate chips	1 cup caramel or butterscotch caramel fudge topping
1/2 cup chopped nuts	3 tablespoons all-purpose flour

For Crust: Mix flour, sugar, butter, baking soda and salt in a large mixing bowl until crumbly. Beat in oats on low speed just until combined. Press half of mixture (about 2 1/2 cups) into bottom of a 9"x13"greased baking pan. Bake at 350°F for 10 minutes. Cool in pan for 2 minutes.

For Filling: Sprinkle crust with morsels and nuts. Blend caramel topping with flour. Drizzle over morsels and nuts. Crumble remaining oat mixture over nuts. Bake for 18-22 minutes or until golden brown. Cool completely in pan on wire rack. Cut into bars.

Oatmeal Chocolate Chip Bars

1 cup butter	2 cups Augason Farms Quick Rolled Oats
1 cup sugar	2 cups all-purpose flour
1 cup brown sugar	2 teaspoons vanilla
2 eggs	1 cup chopped pecans
1 teaspoon salt	12 ounce chocolate chips
2 teaspoons baking soda	

Cream soft butter and sugars, add eggs and beat until creamy. Add dry ingredients and vanilla and mix well. Add nuts and chocolate chips. Spread into a 9"x13" baking pan. Bake at 350°F for 30 minutes. When cool, cut into bars.

DIRECTIONS:

1. Boil 1 cup water and 1/8 teaspoon salt.
2. Stir in 1/2 cup oats.
3. Cook 1 minute, stirring occasionally.
4. Remove from heat and let stand 1 minute.
5. Serve.

Can be used in cookies, breads, cakes, etc.

INGREDIENTS: Quick rolled 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 18 months / 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.

Nutrition Facts

Serving Size: 1/2 cup (45g)
Servings Per Container: 504

Amount Per Serving

Calories 180 **Calories from Fat** 30

% Daily Value*

Total Fat 3.5g **6%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 31g **10%**

Dietary Fiber 5g **18%**

Sugars 0g

Protein 6g

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.

	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	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram: Fat	9	Carbs	4
		Protein	4

504 SERVINGS
NET WT. 50 LBS (22.67 kg)