



All Natural

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)
Servings Per Container: 482

Amount Per Serving		% Daily Value*	
Calories	200	Calories from Fat	30
Total Fat	3.5g		5%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	0mg		0%
Total Carbohydrate	35g		12%
Dietary Fiber	6g		23%
Sugars	0g		
Protein	7g		
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

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 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.

482 SERVINGS
NET WT. 50 LBS (22.67 kg)