



# Creamy Wheat Cereal



## Cereals & Grains

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

## Creamy Wheat Cereal

Augason Farms Creamy Wheat Cereal is one of our healthy breakfast items. It is delicious by itself or can be used as an ingredient in many recipes. Try adding our freeze dried strawberries, raspberries, or blueberries to Creamy Wheat Cereal for extra flavor and vitamins.

## Baked Creamy Wheat

1 quart prepared Morning Moo's®  
 1 cup sugar  
 1/2 cup butter  
 1/2 cup Augason Farms Scrambled Egg Mix in 3/4 cup water  
 1 teaspoon vanilla  
 3/4 cup Augason Farms Creamy Wheat Cereal  
 1 teaspoon cinnamon

Put Scrambled Egg Mix and water in bowl and set aside. Place milk, butter and sugar in large saucepan. Bring to boil over high heat. Stirring constantly, gradually add Creamy Wheat. Remove

## DIRECTIONS:

For each 1 cup serving, heat 1 cup water and 1/4 tsp. salt to boiling. Add 1/4 cup Creamy Wheat Cereal slowly, stirring constantly. Return to a boil over medium heat, reduce heat. Cook 10 minutes or until thickened, stirring frequently.

For creamier cereal use milk. Heat to near boiling.

## MICROWAVE DIRECTIONS:

Cold water 1 cup  
 Creamy Wheat Cereal 1/4 cup

1. Place water and Creamy Wheat Cereal in a bowl.
2. Stir well to prevent lumping.
3. Cook for 1 minute on high heat.
4. Remove and stir.
5. Return to microwave for 1-2 minutes stirring every minute.

from heat when it starts to bubble. Cool 15 minutes. Beat eggs and add to mixture. Add vanilla and cinnamon. Pour in greased 12 x 9" pan and bake for 35 min at 375°F.

## Healthy Heart Cookies

1 cup butter  
 1 cup sugar  
 2 eggs or 2 tablespoons Augason Farms Scrambled Egg Mix + 1/4 cup water  
 1/2 cup applesauce  
 2 1/4 cups whole wheat flour  
 1 teaspoon salt  
 3/4 cup Augason Farms Creamy Wheat Cereal  
 1 tablespoon vanilla  
 3/4 cup raisins  
 1 teaspoon cinnamon  
 1 teaspoon grated orange peel-optional

Preheat oven to 350°F. Cream butter and sugar, add eggs, applesauce and beat well. Add other ingredients and mix well. Drop by teaspoons on greased cookie sheet. Bake for 12 minutes.

## Nutrition Facts

Serving Size 1/4 cup (50g)  
 Servings Per Container 36

| Amount Per Serving   |                 |                          |              |
|--|-----------------|--------------------------|--------------|
| <b>Calories</b>  | 180             | <b>Calories from Fat</b> | 0            |
| <b>% Daily Value*</b>  |                 |                          |              |
| <b>Total Fat</b>   | 0g              |                          | <b>0%</b>    |
| <b>Saturated Fat</b>   | 0g              |                          | <b>0%</b>    |
| <b>Trans Fat</b>   | 0g              |                          |              |
| <b>Cholesterol</b>   | 0mg             |                          | <b>0%</b>    |
| <b>Sodium</b>  | 0mg             |                          | <b>0%</b>    |
| <b>Total Carbohydrate</b>  | 39g             |                          | <b>13%</b>   |
| <b>Dietary Fiber</b>   | less than 1g    |                          | <b>4%</b>    |
| <b>Sugars</b>  | 0g              |                          |              |
| <b>Protein</b>   | 5g              |                          |              |
| Vitamin A  | 0%              | •                        | Vitamin C 0% |
| Calcium  | 0%              | •                        | 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. |                 |                          |              |
|  | <b>Calories</b> | <b>2,000</b>             | <b>2,500</b> |
| 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:** Wheat

**Contains allergen:** Wheat.

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 10 years / 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.

**36 SERVINGS**  
**NET WT. 4 LBS 1.0 OZ (1.84 kg)**