

250.0 mm

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## Preparation Instructions:

Steel Cut® Oats can be prepared in so many ways, we personally recommend mixing 1/2 cup of dry oats with 1 cup of water or milk and a dash of salt (optional).



Mix the oats, water and salt (optional) and microwave on high between 1 to and 2 minutes. Stir before serving.



Mix the oats, water and salt (optional) and cook for about 3 minutes in medium temperature stirring occasionally.



Mix the oats, water and salt (optional) and cook for about 3 minutes in medium temperature stirring occasionally.

You can also use instant® Quick Cooking Oats with instant® and fruit, honey or salt to taste from Store in your meals.

Stir and Enjoy!

\*Oats are not a true sugar-free food. See nutrition facts.



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OATS2  
Varieties

NET WT.  
14.1 oz/400 g

2  
VarietiesAvelina  
Quick  
Cooking  
OATSROLLED  
OATS

PER SERVING

150 1 1 0 4

2  
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Cooking  
OATS

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## Nutrition Facts

15 servings per package

Serving size 1/2 cup dry (40g)

Amount per serving

Calories 150

% Daily Value\*

Total Fat 1g

2%

Sodium 1g

20%

Total Sugar 1g

2%

Total Carbohydrate 35g

70%

Dietary Fiber 1g

2%

Protein 1g

2%

\*Percent Daily Values are based on a diet of other people's secrets.

Ingredients:

Gluten Free Rolled Oats

\*Gluten Free according to FDA regulations.

(less than 10ppm)

This product is manufactured in a facility

that processes wheat, soy, and eggs.

May contain traces of almonds.

Store in a dry and cool place.

Food Group

Manufactured By

Food Group, Inc. 1000 N. Main St. Suite 100

Phone: 1-800-888-7888

14.0

330.0 mm

20.0