

# Organic Oat Bran

Country of Origin: Canada/USA

Certified Organic

Pro-Cert

## Nutrition Facts Valeur nutritive

Per 3/4 cup (45 g) / par 3/4 tasse (45 g)

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 110	
<b>Fat / Lipides</b> 3 g	<b>5 %</b>
Saturated / saturés 0.5 g + Trans / trans 0 g	<b>2 %</b>
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium / Sodium</b> 2 mg	<b>0 %</b>
<b>Carbohydrate / Glucides</b> 30 g	<b>10 %</b>
Fibre / Fibres 7 g	<b>28 %</b>
Sugars / Sucres 1 g	
<b>Protein / Protéines</b> 8 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	15 %

## Factoid:

Oat bran is the outer layer of the oat grain. During processing, this husk, which contains the majority of the dietary fibre, is often lost. Oat bran is often added to grain products to increase their fibre content or used in baking to create certain textures and nutty flavours.

Approximately half of oat bran's fibre is soluble fibre, which lowers harmful LDL blood cholesterol. Oat bran also provides B vitamins.

## Ingredients:

Organic oat bran

## Allergen Information:

This product may contain wheat and gluten.



Recipe:

left coast  
ORGANICS

# Oatmeal-Chocolate Chip Waffle Cookies

## Ingredients:

1/2 C unsalted butter, melted  
1/2 C plus  
2 Tbl light brown sugar, firmly packed  
2 large eggs  
1 tsp vanilla extract  
3/4 C unbleached all-purpose flour  
1/2 tsp baking soda  
1/4 tsp salt  
1 1/2 C quick rolled oats  
1 C semisweet chocolate chips  
Nonstick cooking spray

## Instructions:

1. Heat the waffle iron according to the manufacturer's instructions.
2. In a large bowl, whisk the butter and brown sugar until smooth. Whisk in the eggs and vanilla. Stir in the flour, baking soda, and salt. Stir in the oats and chocolate chips.
3. Coat the grids of the waffle iron with nonstick cooking spray. Use a tablespoon or small ice cream scoop to portion out a cookie onto each waffle square.
4. Close the iron and cook until set and beginning to brown, 1 1/2 - 3 minutes, depending on the heat of your waffle iron. Use a thin metal spatula to transfer the cookies to a wire rack and repeat with the remaining dough, coating the grids with spray as necessary.

