

Organic Quick Rolled Oats

Country of Origin: Canada/USA

Certified Organic

Pro-Cert

Nutrition Facts Valeur nutritive

Per 1/3 cup (40 g) / par 1/3 tasse (40 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 160	
Fat / Lipides 3 g	4 %
Saturated / saturés 0.5 g + Trans / trans 0 g	2 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 1 mg	0 %
Carbohydrate / Glucides 27 g	9 %
Fibre / Fibres 4 g	17 %
Sugars / Sucres 0 g	
Protein / Protéines 7 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	15 %

Factoid:

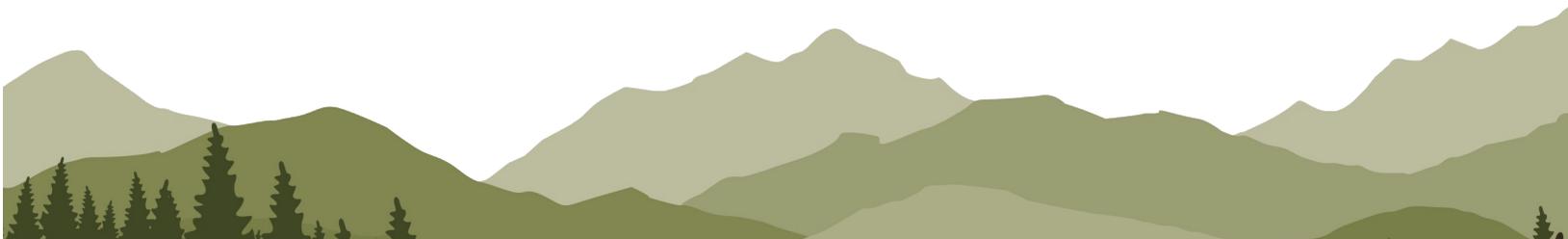
Quick rolled oats, or instant oats, go through a process of being hulled and pressed by rollers and chopped into smaller pieces, allowing them to cook faster. They are also steamed beforehand to reduce cooking time.

Ingredients:

Organic oats

Allergen Information:

This product may contain wheat and gluten.



Recipe:

**left coast
ORGANICS**

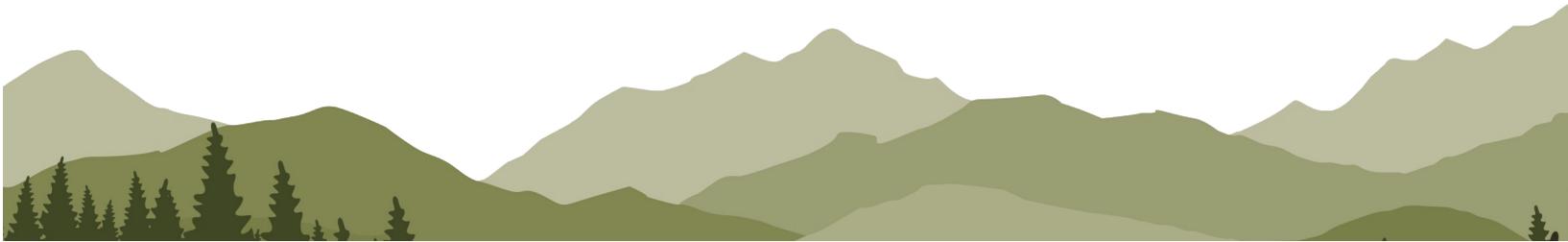
Oatmeal-Chocolate Chip Waffle Cookies

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.



Cooking Note:

1. Bring water to a boil in a saucepan. Use approximately a 1:1 water to oats ratio for thicker oatmeal. Use up to a 2:1 ratio of water to oats for a thinner blend.
2. Add a dash of salt for a single serving, or as much as a 1/4 teaspoon for 4 servings.
3. Add your desired oats to water proportions. Cover and simmer for about 5 minutes. Increase the water if desired to thin the mixture as it cooks.
4. Remove the oatmeal from the heat when the water is almost absorbed or when the oatmeal reaches your desired texture.

