



.750"  
1/16"

3.375"  
BACK

15" WEB  
6.750"  
FACE

3.375"  
BACK

.750"

10"

## Sunrise Oatmeal

INGREDIENTS: rolled oats, cane sugar, creamer [corn syrup solids, coconut oil, dipotassium phosphate, sodium caseinate (a milk derivative), titanium dioxide, silicon dioxide, mono-and diglycerides, turmeric and annatto extracts, artificial flavor], salt. CONTAINS: Milk.

### DIRECTIONS:

1. Open pouch and remove oxygen absorber.
2. Whisk contents of entire pouch into 8 cups boiling water.
3. Cook 2 to 3 minutes, stirring occasionally.
4. Remove from heat and let stand 3 minutes before serving.



### Nutrition Facts

8 servings per container  
Serving size 1/2 cup (55g) dry  
(about 1 cup prepared)

Amount per serving	
Calories	210
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 40g	15%
Dietary Fiber 4g	14%
Total Sugars 11g	
Includes 11g Added Sugars	22%
<b>Protein 5g</b>	
Vitamin D 0mcg	0%
Calcium 31mg	2%
Iron 2mg	10%
Potassium 211mg	4%

Distributed by 4 Patriots, LLC  
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8 SERVINGS  
Best when stored in a cool and dry place.  
NET WT. 15.52 OZ (440g)  
Contains a bioengineered food ingredient.

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.