

# 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%

**Protein** 5g

Vitamin D 0mcg 0%

Calcium 31mg 2%

Iron 2mg 10%

Potassium 211mg 4%

\*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.

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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.