



GLUTEN FREE
OATMEAL
 Single Serving
 Cups

Good, to Go

These on-the-go hot cereals are made from a delightful blend of gluten free quick cooking and old fashioned oats,

stone ground Scottish oatmeal, wholesome flaxseeds and nourishing chia seeds.

Simply add hot water and your delicious, whole grain power breakfast will be ready to eat in just a few minutes. Choose your flavor and take it with you anywhere you roam for work or adventure.



Reasons to ♥ our Oatmeal Cups:

- Gluten free
- Whole grain
- High fiber
- Non-GMO Project Verified
- At least 7g protein per serving
- Ready in 3 minutes
- Microwaveable

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Gluten Free Oatmeal



Single Serving Cups

Country of Origin: **USA** Shelf Life: **12 months** Date Code Type: **Best By**

Cup: **3.25" H x 3.625" W x 3.625" D** 12-cup Case: **7.5" H x 8" W x 11.5" D** Case Cube: **0.3993 ft³**

Pallet Count: **200** Pallet Configuration: **10H x 20**

Pack Material: **Poly-Coated Paperboard** Case Material: **Corrugated Cardboard**

Maple Brown Sugar Oatmeal



INGREDIENTS: Gluten Free Whole Grain Oats, Brown Sugar, Cane Sugar, Chia Seed, Flaxseed, Sea Salt, Natural Maple Flavor (Maltodextrin, Modified Food Starch, Caramel Color, Natural Flavors).

2.15 oz item # **P101259**

Case pack: **12**

Case weight: **2.47 lb**

UPC: **0-39978-03184-6**



GTIN: **40039978031844**



Nutrition Facts

Serving size 1 container (61g)

Amount per serving

Calories 240

% Daily Value*

Total Fat 5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 310mg	13%
Total Carbohydrate 42g	15%
Dietary Fiber 7g	25%
Total Sugars 10g	
Includes 9g Added Sugars	18%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 39mg	4%
Iron 2mg	10%
Potassium 227mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet.

Apple Cinnamon Oatmeal



INGREDIENTS: Gluten Free Whole Grain Oats, Cane Sugar, Dried Apple, Chia Seed, Flaxseed, Sea Salt, Cinnamon.

2.36 oz item # **P101248**

Case pack: **12**

Case weight: **2.63 lb**

UPC: **0-39978-00184-9**



GTIN: **40039978001847**



Nutrition Facts

Serving size 1 container (67g)

Amount per serving

Calories 270

% Daily Value*

Total Fat 5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 310mg	13%
Total Carbohydrate 48g	17%
Dietary Fiber 8g	29%
Total Sugars 13g	
Includes 9g Added Sugars	18%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 38mg	2%
Iron 2mg	10%
Potassium 251mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet.

Blueberry Hazelnut Oatmeal



INGREDIENTS: Gluten Free Whole Grain Oats, Cane Sugar, Hazelnuts, Dried Blueberries, Chia Seed, Flaxseed, Blueberry Powder, Sea Salt.

2.5 oz item # **P101252**

Case pack: **12**

Case weight: **2.73 lb**

UPC: **0-39978-01184-8**



GTIN: **40039978011846**



Nutrition Facts

Serving size 1 container (71g)

Amount per serving

Calories 290

% Daily Value*

Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 310mg	13%
Total Carbohydrate 49g	18%
Dietary Fiber 8g	29%
Total Sugars 13g	
Includes 0g Added Sugars	18%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 2mg	10%
Potassium 286mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet.

Classic Oatmeal



INGREDIENTS: Gluten Free Whole Grain Oats, Chia Seed, Flaxseed, Sea Salt.

1.81 oz item # **P101254**

Case pack: **12**

Case weight: **2.22 lbs**

UPC: **0-39978-02184-7**



GTIN: **40039978021845**



Nutrition Facts

Serving size 1 container (51g)

Amount per serving

Calories 210

% Daily Value*

Total Fat 5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 33g	12%
Dietary Fiber 7g	25%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 32mg	2%
Iron 2mg	10%
Potassium 212mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet.

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