



# Organic Quick Oats



These Quick Oats are Certified Organic and grown in Australia, without any synthetic pesticides, herbicides or fertilisers. They are non-GMO and have no added preservatives. The oats are seasonally harvested, lightly steamed and rolled. Organic Quick Oats are full flavoured, slightly nutty, with a subtle fresh aroma and soft, creamy texture when cooked. Quick Oats provide a fast and convenient way to enjoy delicious, warming porridge. They can be used in a myriad of ways – from breakfast to desserts, in baked and raw treats, making them a very handy staple in the pantry.

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## **How to Use:**

To make quick yet absolutely scrumptious porridge bring 1 cup of these oats to a gentle boil in 2 cups of liquid – either half-half water and milk, or just milk of your choice. Add a pinch of Murray River salt and a little honey, maple syrup or coconut nectar to taste.

Cook, stirring on a low to medium heat for 2-3 minutes to create irresistible, creamy porridge and serve topped with chopped nuts and dried fruit. Organic quick oats are great in smoothies and can be used in home-made muesli; either natural Bircher Swiss or oven-toasted in honey, maple syrup or apple juice. Quick Oats are delicious in home-baked bread and their softer texture is perfect for muffins or biscuits.

They are fabulous with shredded coconut and maple syrup as an

irresistible fruit crumble topping – try pear and rhubarb, apricot, or raspberry and apple. Use them in muesli bars or raw food snacks and desserts including energy balls and pressed pie-bases. These oats can also be used to make fresh Oat mylk.

Simply soak oats (and a little shredded coconut if you like) with a pinch of salt, in cold water (1:6) for 6 hours or overnight. Sweeten to taste, with a little honey or coconut nectar, blend for 2-3 minutes.

Strain through a clean cloth, squeezing the oats, and refrigerate in an airtight container. Oat mylk will stay fresh for several days, just shake if separated.

### **Ingredients:**

Organic **Oats**.

Preservative Free, Non GMO, No Added Sugar.

### **Allergens:**

This product contains **Gluten**. This product may also contain traces of other allergens due to possible cross-contamination.

### **Storage:**

Store in an air tight container in a cool, dry place, away from direct sunlight. Refrigeration recommended in warm climates.

### **Shelf Life:**

Up to 12 months when stored as above. See Best Before date.

<b>NUTRITION INFORMATION</b>	
Serving size:	50 g

	Average Quantity Per Serving	Average Quantity Per 100 g
Energy	783 kJ	1566 kJ
Protein	6.2 g	12.4 g
Fat, total	3.4 g	6.8 g
– saturated	0.75 g	1.5 g
Carbohydrates	28.4 g	56.8 g
– sugars	0.5 g	1.0 g
Sodium	1 mg	2 mg
Dietary Fibre	5.15 g	10.3 g