



A COMPLETE REIMBURSABLE MEAL ALL IN ONE!

TWIST & GO SMOOTHIES AND 1 OZ OF WHOLE GRAIN ROLLED OATS CREDIT AS 1/2C FRUIT, A MEAT ALTERNATE AND A GRAIN.

- ✓ Compliant with USDA reimbursable meal programs
- ✓ Smart Snack compliant
- ✓ Fat free and cholesterol free
- ✓ No preservatives, artificial flavors or colors
- ✓ Live and active probiotic cultures
- ✓ Good source of Calcium & Vitamin C

TWIST & GO OVERNIGHT OATS

EASY PEASY.....

BULK

- 1) THE DAY BEFORE SERVING POUR UNCOOKED WHOLE GRAIN ROLLED OATS INTO LARGE BOWL 1 OZ (APPROX. 1/3 C) PER SERVING DESIRED. DO NOT USE QUICK OATS.
- 2) POUR 7.6 OZ OF YOUR FAVORITE FLAVOR OF TWIST AND GO (PER NUMBER OF SERVINGS DESIRED) OVER THE OATS.
- 3) REFRIGERATE OVERNIGHT
- 4) POUR INTO SERVING BOWL & SERVE. SERVING = APPROXIMATELY 8 OZ.

SINGLE SERVE

- 1) THE DAY BEFORE SERVING POUR 1 OZ (APPROX. 1/3 C) UNCOOKED WHOLE GRAIN ROLLED OATS (DO NOT USE QUICK OATS) INTO INDIVIDUAL SERVING BOWLS.
- 2) POUR ONE 7.6 OZ CONTAINER (OR 7.6 OZ FROM A TWIST AND GO GALLON) OF YOUR FAVORITE FLAVOR OVER THE OATS.
- 3) REFRIGERATE BOWLS OVERNIGHT
- 4) SERVE



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