

INSTRUCTIONS: Print out both pages of the template on plain paper (cardstock is too stiff for this project). Cut out the two black rectangles and attach together where it says to “GLUE” to create one long label to wrap around your oatmeal can. Cut out the circle label for the top of your can.

MONSTER MEAL

NET WT 30 OZ
(1 LB 14 OZ) 851 g

Every good witch knows that a bowl of warm Steel Cut Oats is the best way for little monsters to start Halloween Day.

PREPARATION INSTRUCTIONS

SERVINGS	1	4
WATER / MILK	1-1/2 cups	4 cups
STEEL CUT OATS	1/4 cup	1 cup

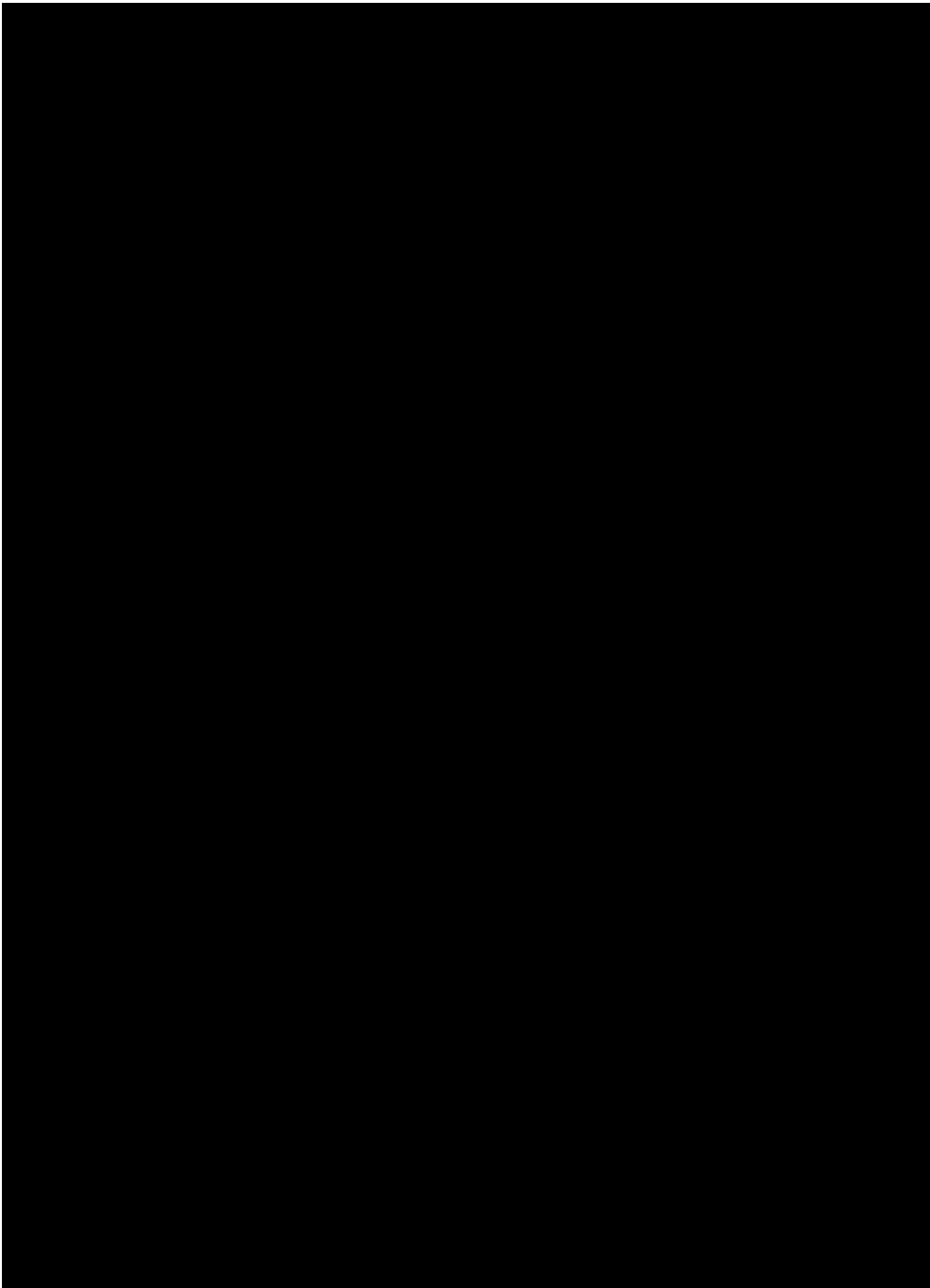
Bring water or milk to a boil in medium saucepan. Stir in oats and reduce heat to low. Simmer uncovered over low heat, stirring occasionally, for 25-30 minutes or until oats are of desired texture.

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GLUE ↓

↑ GLUE



**MONSTER
MEAL**

The best breakfast for
your little monsters.

