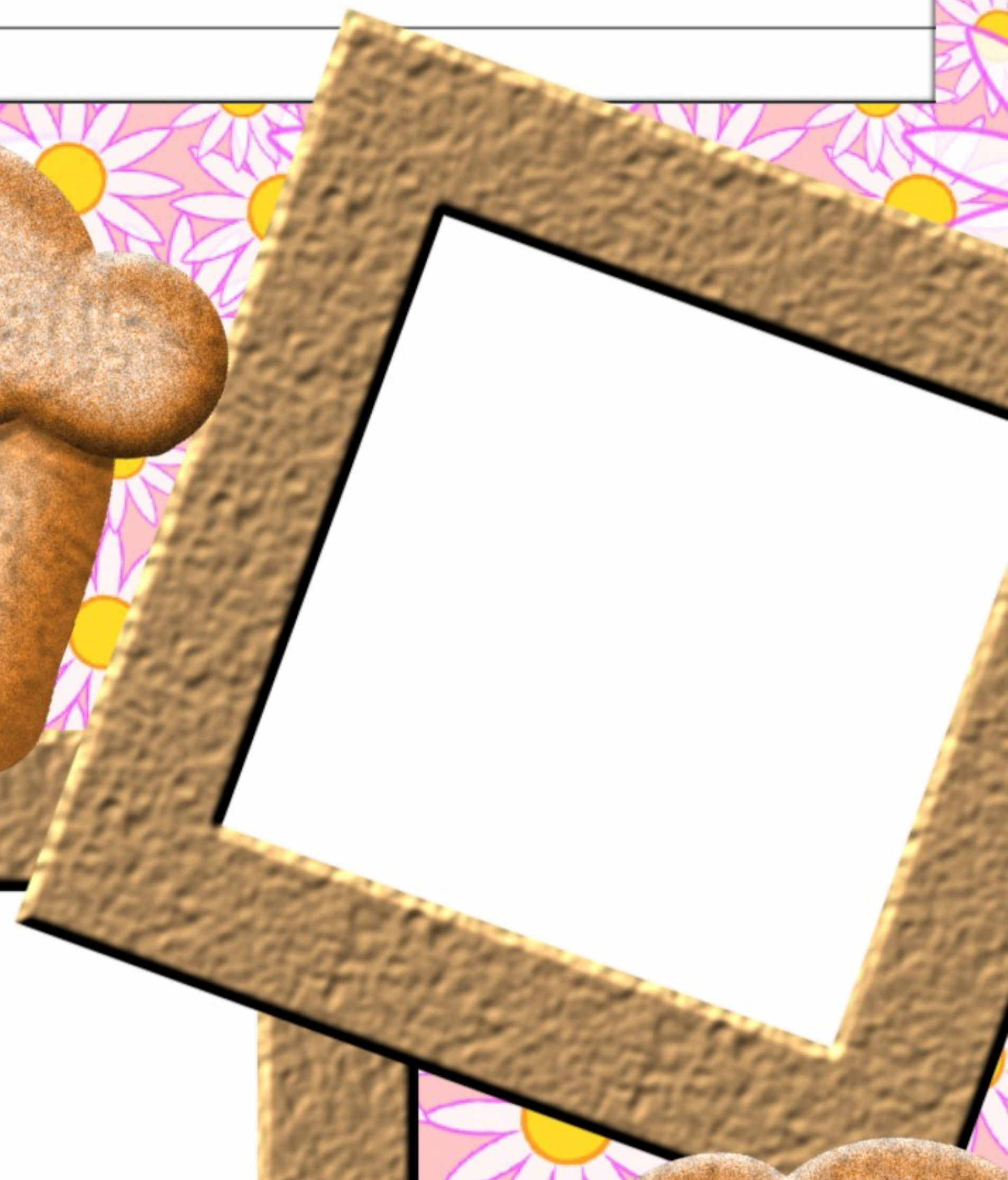
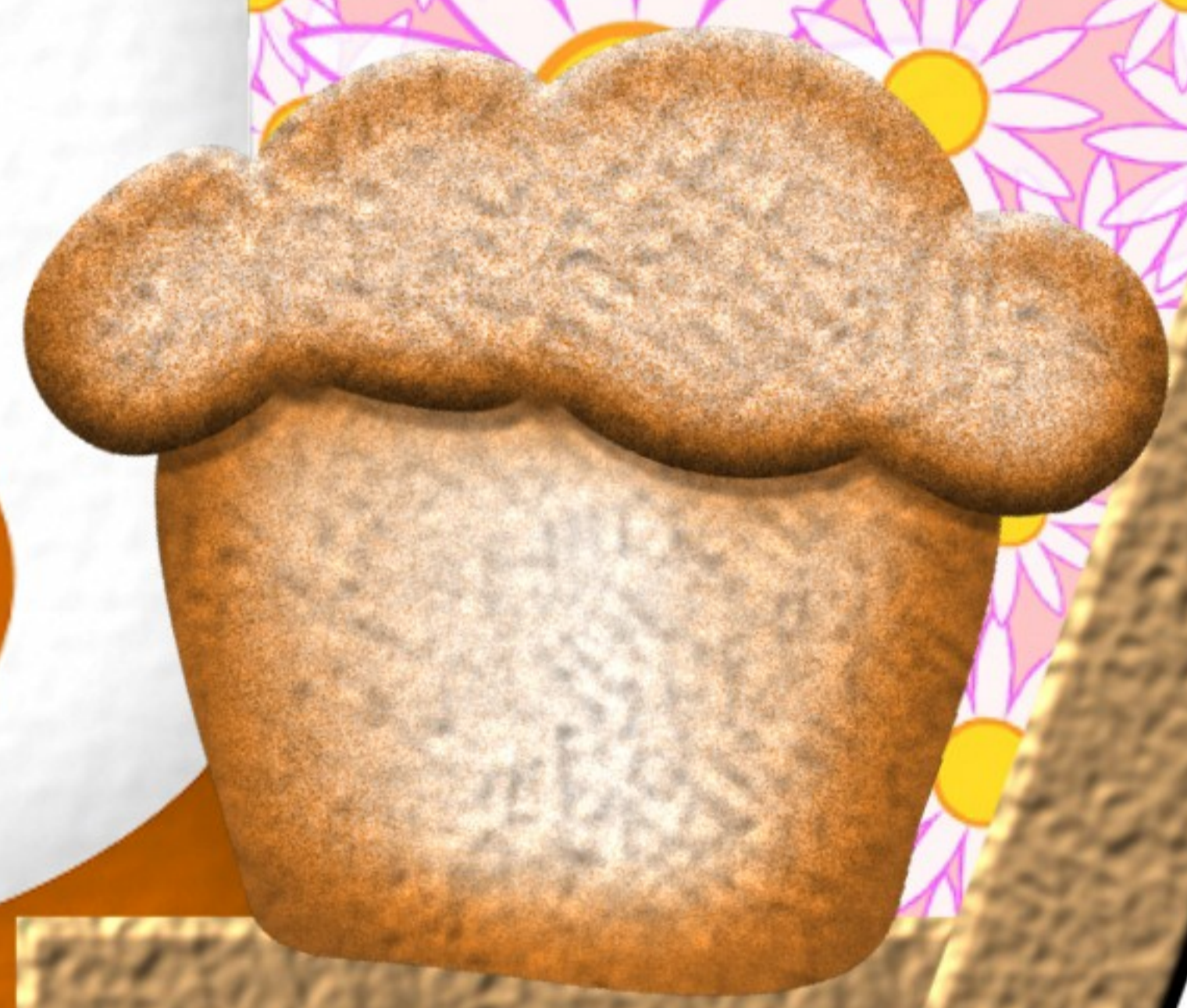


A series of horizontal white lines on a light background, resembling a notepad or a list of ingredients.

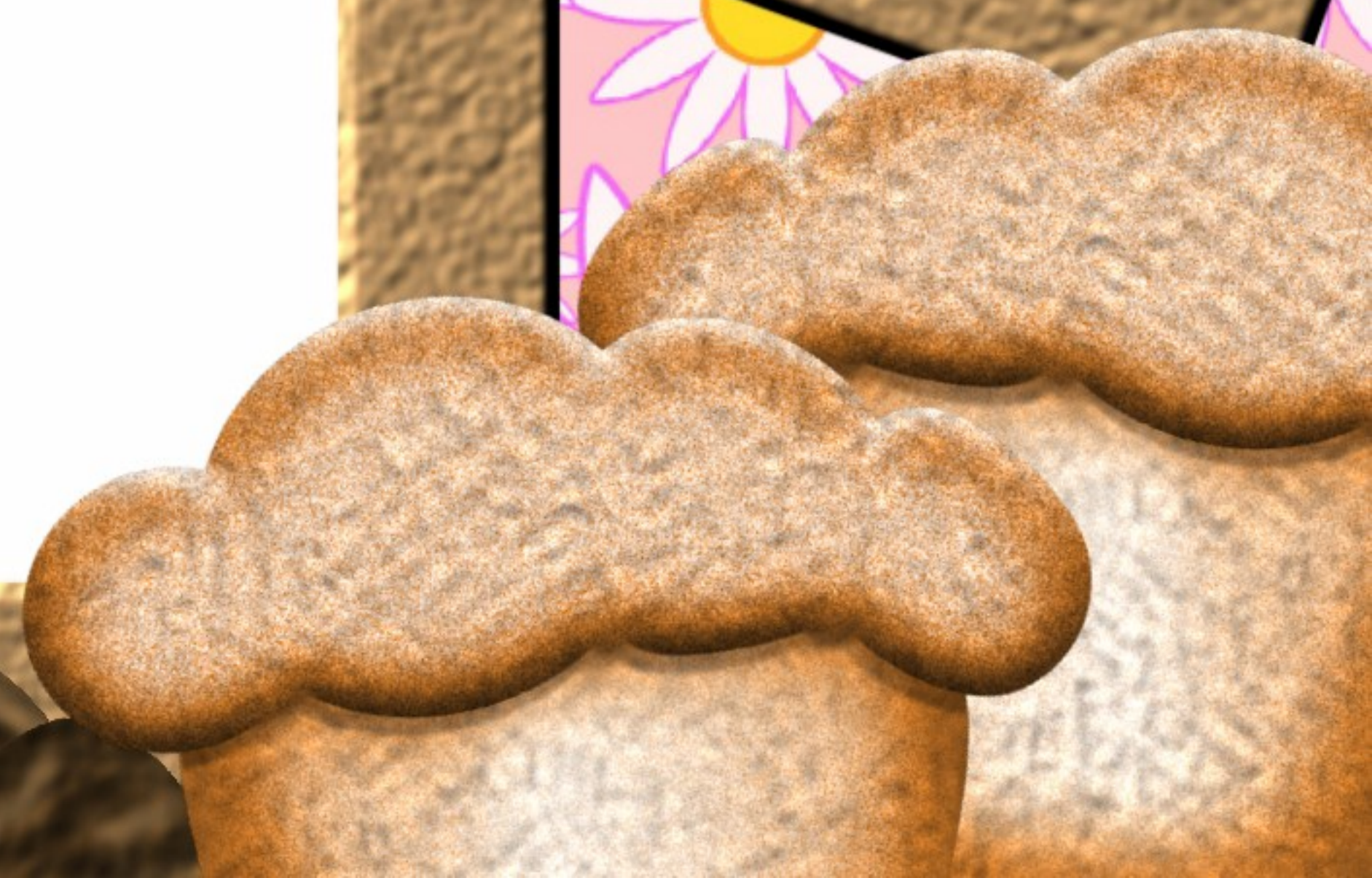
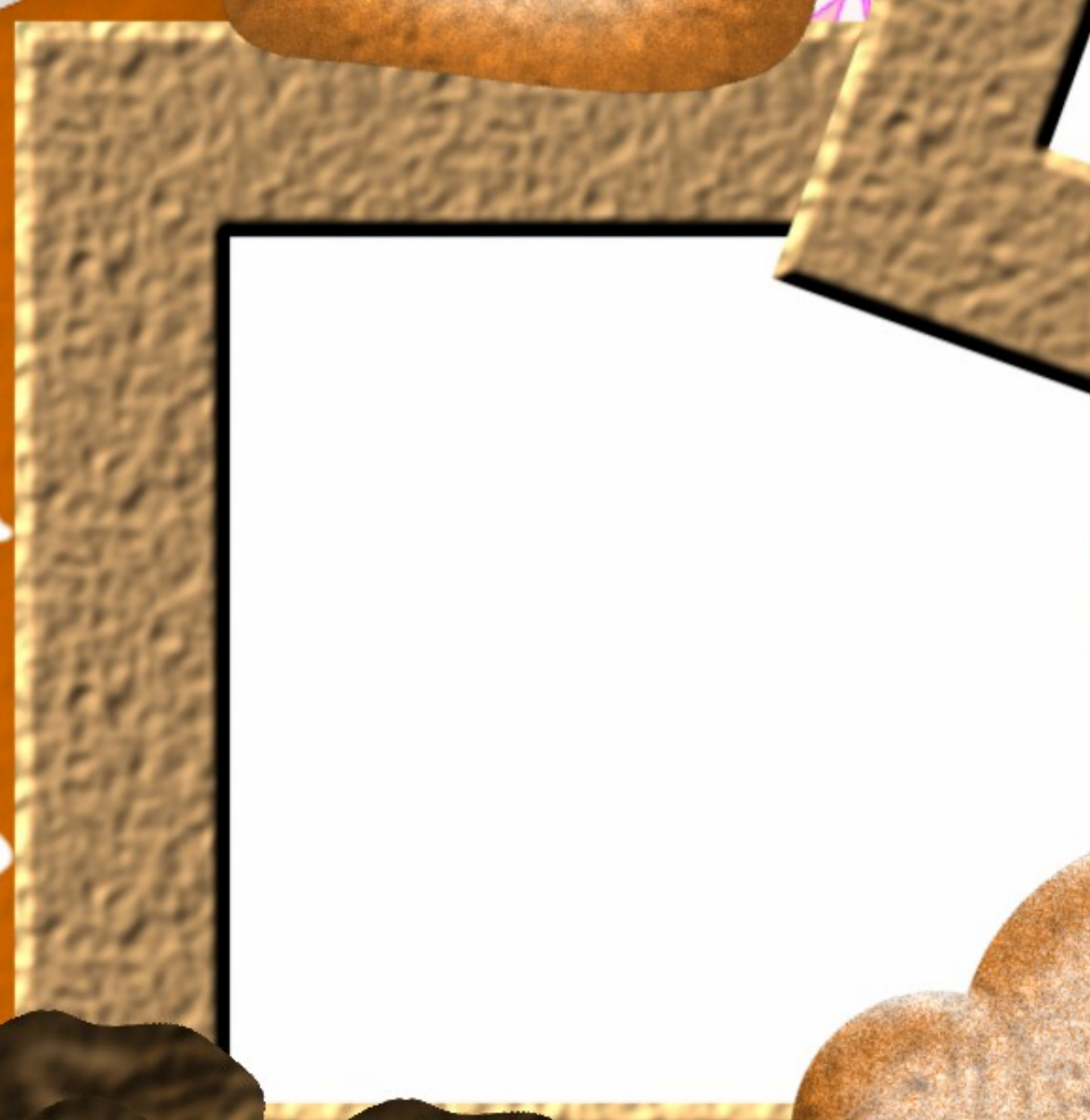
Hawaiians

Best



Brown

Sugar

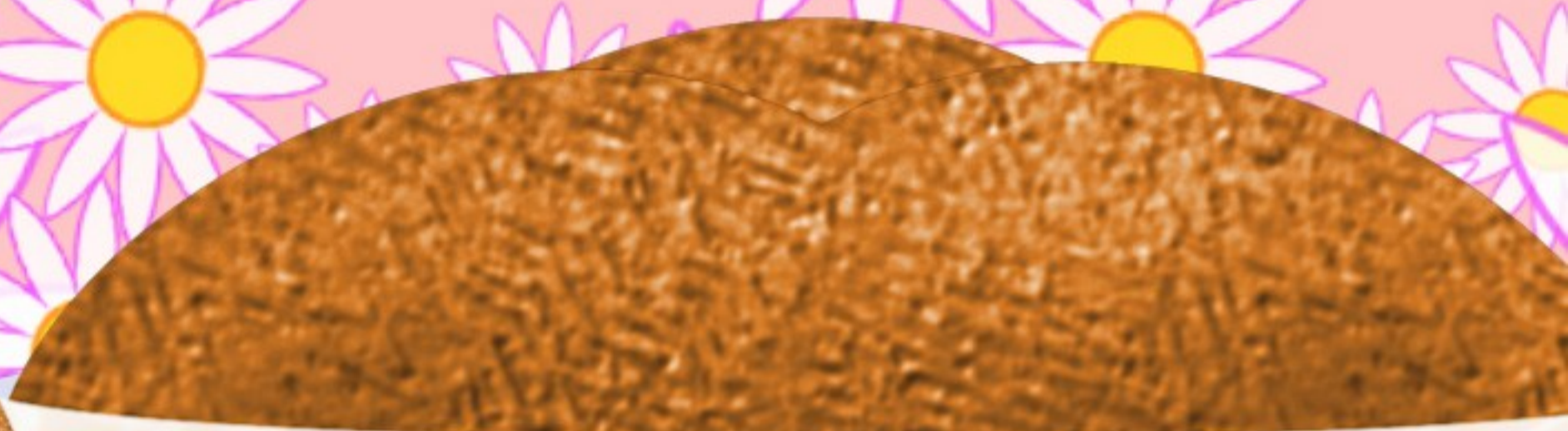


1 cup 5 lbs

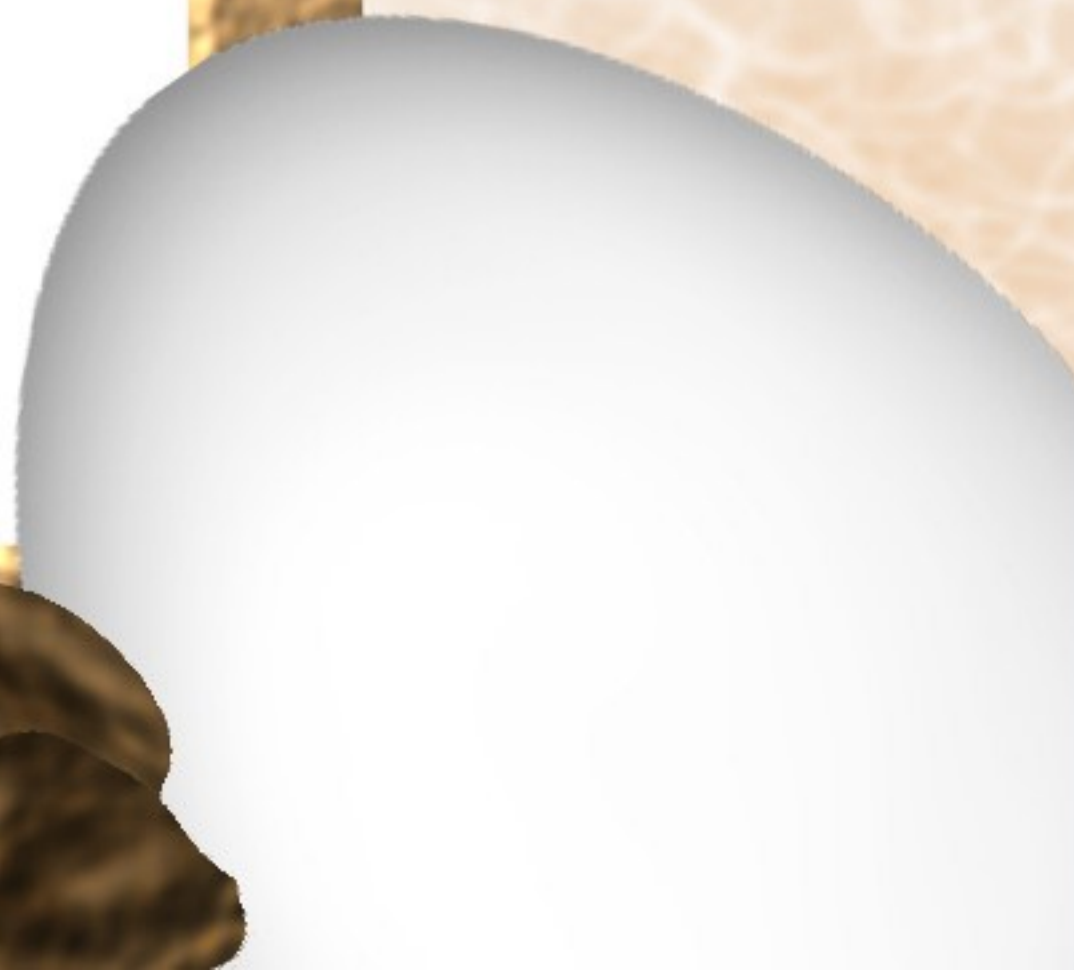
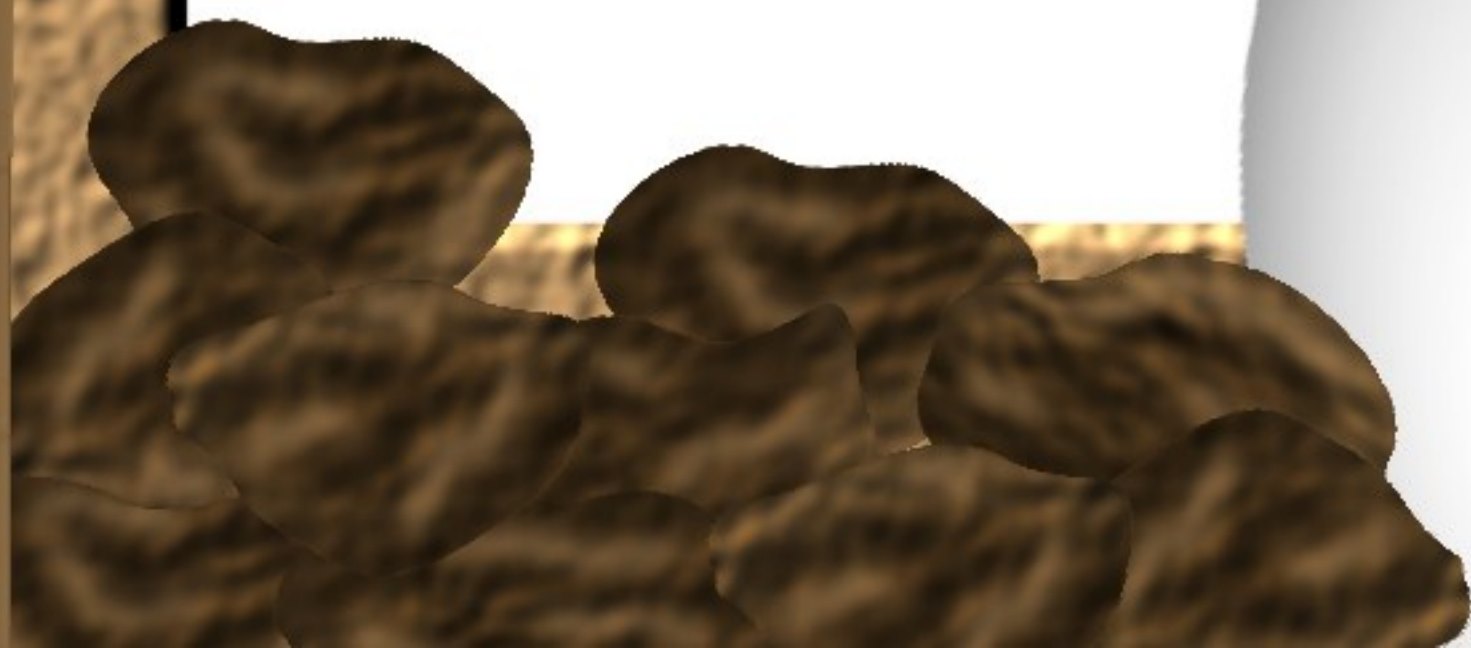
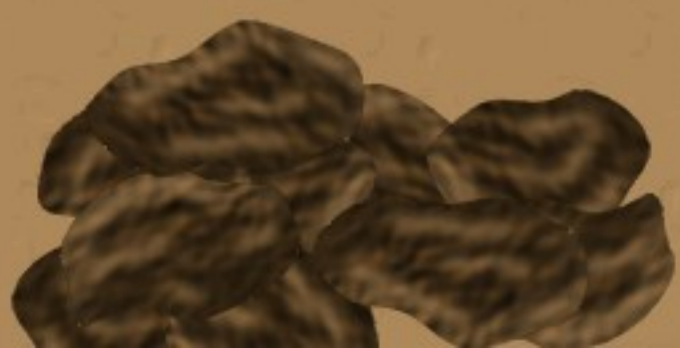
Oat Bran Flax Muffin in a Coffee Mug

- 3 tablespoons ground flax meal
- ½ cup bran muffin mix
- 1 teaspoon brown sugar
- 1 teaspoon cinnamon
- 2 heaping tablespoons raisins
- 1 teaspoon oil
- ¼ teaspoon vanilla
- 2 tablespoons beaten eggs
- 3 tablespoons water to thin

Combine all ingredients in large coffee mug.
Microwave on high 2 minutes. Cool 5 minutes
before eating.



Natural Grown
Seedless Raisins



PURE
VANILLA
EXTRACT



Net Wt. 1 Fl. Oz.