

Organic Hot Cereals

Great River Organic Milling is committed to providing quality organic products because we believe they are vital to promoting the cycle of a healthy environment for all. Most of our products are stone-ground to produce a more flavorful and nutritional product. Certified Organic by QAI and Kosher approved, Great River Organic Milling has been providing stone-ground quality for over a quarter of a century.

Organic Whole Grain Hot Cereals

We offer four very distinct cereals, each with their own grain combination and texture. There's one for every palate.

Breakfast Cereal

This combination of hard wheat, brown rice and wheat bran is a favorite for campers. It packs easily and cooks up quickly for a hearty morning meal.

Highland Medley Cereal

This blend of steel cut oats, hulled barley and a bit of brown rice is a coarse textured cereal that will satisfy the heartiest eater.

Rice Cereal

A blend of brown rice and a small amount of barley. It's similar to cream of wheat cereal but is whole grain. Everyone from babies to adults enjoy this cereal's pleasing texture and flavor.

Multi-grain Cereal

This is a classic mix of seven coarsely-ground grains. It contains wheat, brown rice, corn, rye, oats, millet and hulled barley.



Great River
ORGANIC MILLING

Stone-ground, Organic
Flours and Mixes

Organic Hot Cereals



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ORGANIC MILLING

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Breakfast Cereal

Nutrition Facts

Serving Size 1/3 cup dry (33 g)
Servings per container varies

Amount Per Serving	
Calories 119	Calories from fat 10
% Daily Value*	
Total fat .5 g	2%
Saturated fat 0 g	0%
Cholesterol 0 mg	0%
Sodium 0 g	0%
Total carbohydrate 23 g	9%
Dietary fiber 7 g	28%
Sugars 0 g	
Protein 5 g	

Vitamin A 0% • Vitamin C 0%
Calcium 1% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2000	2500
Total fat	Less than	65 g	85 g
Sat. fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2400 mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Rice Cereal

Nutrition Facts

Serving Size 1/4 cup dry (46 g)
Servings per container varies

Amount Per Serving	
Calories 170	Calories from fat 10
% Daily Value*	
Total fat 1 g	2%
Saturated fat 0 g	0%
Cholesterol 0 mg	0%
Sodium 0 g	0%
Total carbohydrate 35 g	12%
Dietary fiber 1 g	4%
Sugars 0 g	
Protein 3 g	

Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2000	2500
Total fat	Less than	65 g	85 g
Sat. fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2400 mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Highland Medley

Nutrition Facts

Serving Size 1/4 cup dry (44 g)
Servings per container varies

Amount Per Serving	
Calories 160	Calories from fat 15
% Daily Value*	
Total fat 1.5 g	2%
Saturated fat 0 g	0%
Cholesterol 0 mg	0%
Sodium 0 g	0%
Total carbohydrate 31 g	10%
Dietary fiber 2 g	10%
Sugars 0 g	
Protein 5 g	

Vitamin A 0% • Vitamin C 0%
Calcium 2% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2000	2500
Total fat	Less than	65 g	85 g
Sat. fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2400 mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Multi-grain Cereal

Nutrition Facts

Serving Size 1/4 cup dry (40 g)
Servings per container varies

Amount Per Serving	
Calories 140	Calories from fat 10
% Daily Value*	
Total fat 1.5 g	2%
Saturated fat 0 g	0%
Cholesterol 0 mg	0%
Sodium 0 g	0%
Total carbohydrate 29 g	10%
Dietary fiber 4 g	16%
Sugars 0 g	
Protein 5 g	

Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2000	2500
Total fat	Less than	65 g	85 g
Sat. fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2400 mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g