



SowNaked® Oats make the protein difference



Each farm is tested for protein.

Bay State Milling's specification for protein is a minimum of 19% protein, dwb, tested with the nitrogen combustion method. Five organic farms were harvested in 2017, shown below.

2017 Organic Harvest

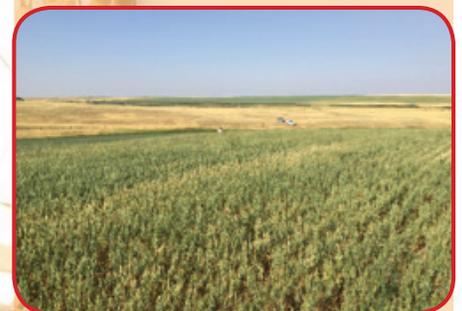
Montana Farm	Protein % (dwb)
Farm A	24%
Farm B	20%
Farm C	21%
Farm D	22%
Farm E	21%

With about 40% More Protein than Traditional Oats, SowNaked oats offer a great alternative to traditional oats for a source of plant-based, sustainable protein.

Protein intake is required daily for muscle strength and overall health. But, not all proteins are equal.

SowNaked oats are:

- Simple, minimally processed
- Sustainable protein, sustainable farming
- Montana grown
- Whole food source



Our **Varietal Development Program** is focused on efforts to further increase protein as well as other nutrients such as beta glucan.

Product line includes:

- SowNaked Flour • SowNaked Flakes • SowNaked SimplySafe (heat treated)
- SowNaked Sprouted • SowNaked Min/Max (for beverage applications)
- Organic available



Overnight Oats Made with Regular Oats:

Nutrition Facts	
servings per container	
Serving size	(180g)
Amount per serving	
Calories	260
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 60mg	3%
Total Carbohydrate 48g	17%
Dietary Fiber 5g	18%
Total Sugars 17g	
Includes 0g Added Sugars	12%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 203mg	15%
Iron 3mg	15%
Potassium 278mg	6%

Ingredients: Oat milk, oats, banana, yogurt (nonfat), brown sugar, chocolate chips (chocolate liquor, sugar, dextrose, soy lecithin (an emulsifier), vanilla), chia.

Overnight Oats Made with SowNaked Oats:

Nutrition Facts	
servings per container	
Serving size	(180g)
Amount per serving	
Calories	260
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 60mg	3%
Total Carbohydrate 46g	17%
Dietary Fiber 5g	18%
Total Sugars 17g	
Includes 0g Added Sugars	12%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 203mg	15%
Iron 3mg	15%
Potassium 278mg	6%

Oat Milk Made with Regular Oats:

Nutrition Facts	
servings per container	
Serving size	(240g)
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 20g	7%
Dietary Fiber 3g	11%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 298mg	25%
Iron 2mg	10%
Potassium 108mg	2%

Ingredients: Water, oats, dicalcium phosphate (as buffer).

Oat Milk Made with SowNaked Oats:

Nutrition Facts	
servings per container	
Serving size	(240g)
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 19g	7%
Dietary Fiber 3g	11%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 298mg	25%
Iron 2mg	10%
Potassium 108mg	2%

Q&A

Do SowNaked oats cook up the same as regular oats?

SowNaked oats are minimally processed, meaning they do not go through the traditional steaming and kilning steps. Due to increased protein, less starch, and no steaming process, a lower absorption may be noticed. Less water is generally required for oatmeal and sides, and cook time may be extended since the starches are not pre-gelatinized like they are in quick oats, which are normally steamed. A good starting point for flake oatmeal and side dishes with oat groats is 1 part oats to 2 parts water.

Is there as much flake integrity with SowNaked oat flakes as with regular steamed oat flakes?

Yes! Regular flakes require steaming or moisture to improve flexibility to be able to roll without breakage. Naked oats are naturally a softer kernel and flake nicely without any additional processing. Flakes hold up well during transportation and for piece identity in bars or granola.

Formulation Guidance:

Whether you're replacing regular oats, or developing new high protein products, SowNaked Oats are easy to use.

- **Sensory:** According to BSM's sensory panel, naked oats are similar to traditional oats in aroma and flavor. They tend to have less toasted notes, and more of a sweet fresh grain flavor.
- **Callout for Beverages:** As much as 60% of the soluble protein is converted to insoluble protein during traditional oat processing. SowNaked oats are milled without the traditional steaming and kilning processes. This gives a unique advantage for beverages as untreated oats are the preferred raw material to preserve the soluble protein in the oat.
- **Whole Food Nutrition:** By using SowNaked oats, you can eliminate protein concentrates and isolates and experience the balanced nutritional benefits only possible from a whole food--beta glucans, complex carbohydrates, vitamins and minerals.

- SowNaked oats are Purity Protocol Gluten Free, tested to <5ppm.

Purity Protocol is the strictest gluten free standards, requiring field preparation, field inspection, stringent handling and rigorous testing.

- Identity preserved high protein variety traceable to the farm.
- Hullless (naked) variety of oats.