0.375	5" BLEED /	GUSSET left panel	FRONT PANEL face	GUSSET right panel	BACK PANEL back	SLIT LINE
				NO PRINT - NO VARNISH		
.75"		3.25"			CORNMEAL/GRITS NO PRINT - NO VARNISH AVM SIHL SCIVEN JOOL I 5.375"	4.5"
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HODGSON MILL

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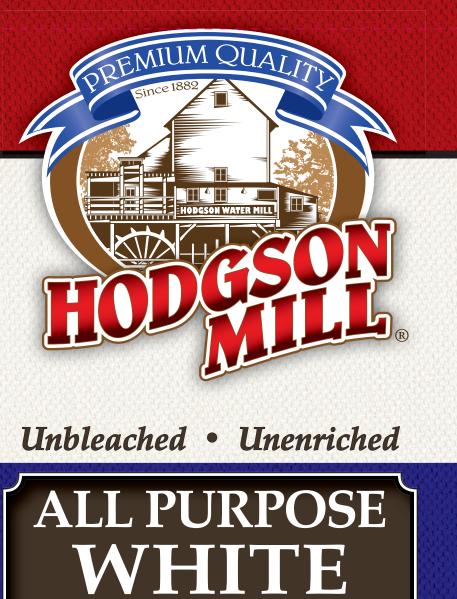
Great baking begins with great ingredients. For over 125 years, bakers have trusted us to provide premium quality flours and meals for their kitchens. The secret is simple: we start with premium grains and always treat them with care.

This flour is made by carefully grinding premium wheat kernels, then sifting out the coarser bran and germ to leave a light, versatile, all purpose flour. Unlike other flour mills, we do not artificially whiten our flour with heat or harsh chemicals like chlorine. NO preservatives, artificial coloring or artificial enrichments are ever added. Thanks for caring enough to buy Hodgson Mill!

The Wheat Kernel Bran: Protective outer covering Fiber, B Vitamins & Trace Minerals ndosperm: Starchy inner core Energy, Carbohydrates & Protein rm: Tiny seedling inside grain Antioxidants, Vitamin E & B

You can use this flour in combination with nutritious whole grain flours - try replacing 1/4 of the total all-purpose flour in your favorite recipes with whole grain flours such as Whole Wheat, White Whole Wheat, Oat, or Whole Wheat Pastry for added nutrition

Cake Flour Substitute: Place 2 Tbsp. Hodgson Mill Corn



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Nutrition Facts Serving Size less than 1/4 cup (30g) Servings Per Container about 76	Buttermilk substitutes: Mix 3/4 cup yogurt with 1/4 cup milk, or stir 1 scant cup milk with 1 Tbsp. vinegar or lemon		
Amount Per Serving			
Calories 110 Calories from Fat 0	juice and let rest 5 minutes		
%Daily Value*	to thicken.		
Total Fat Og 0%			
Saturated Fat 0g 0% Trans Fat 0g	Yeast Bread Baking Hints:		
	reast bread baking rints.		
Cholesterol 0mg 0% Sodium 0mg 0%	 Best water temperature to proof yeast: 95°-110°F. 		
Total Carbohydrate 23g 8%			
Dietary Fiber 1g 4%	 Best temperature for dough to rise: 85°F. 		
Sugars Og			
Protein 3g			
Vitamin A 0% • Vitamin C 0% Calcium 0% • Iron 2%	 For better rise and texture in yeast breads, especially when baking with whole grain 		
*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: 2,000 2,500	flours, add our Vital Wheat Gluten . (4 tsp. per loaf)		
Total Fat Less than 65g 80g Saturated Fat Less than 20g 25g Cholesterol Less than 300mg 300mg Sodium Less than 2,400mg 2,400mg Total Carbohydrate 300g 375g Dietary Fiber 25g 30g Calories per gram: Fat 9 Carbohydrate 4 • Protein 4	 To make a warm rising place for dough, warm your oven to 200°F for a few minutes, then switch off. 		

INGREDIENTS: 100% Unbleached and Unenriched Wheat Flour.

Hodgson Mill, Inc. 1100 Stevens Ave. Effingham, IL 62401 800.525.0177

ALL PURPOSE WHIT **FLOUR**

Essential to any baker's kitchen, our premium All Purpose White Flour is the perfect base for all your favorite recipes. Its light texture makes it a versatile flour for just about anything you can bake. We could've artificially bleached it for a lighter color – many mills do – or added artificial enrichment or preservatives. But we figured, why mess with perfection?

Whether your passion is cakes, cookies, muffins, bread, pastry or pasta, we hope you enjoy this flour's creamy ivory color and fresh, unadulterated taste as much as we do.

— Best Blueberry Muffins —					
1-3/4 cups + 2 Tbsp Hodgson Mill All Purpose White Flour (divided)	1 egg, well beaten 3/4 cup milk	1 cup blueberries (thawed & drained if frozen)			
2-1/2 tsp. baking powder 3/4 tsp. salt	1/3 cup sugar 1/3 cup vegetable oil				

Preheat oven to 400°F. Prepare 12 muffin cups with paper liners or non-stick cooking spray. In large bowl, Imix 1-3/4 cups of flour, baking powder and salt, and make a well in the center. In small bowl, combine egg, milk, sugar and oil. Add all at once to dry ingredients; stir just until the dry ingredients are moistened. Toss blueberries in 2 Tbsp. flour to coat them. (This keeps berries from settling to bottom of muffins during baking.) Gently fold in berries. Spoon batter into muffin cups, filling them 3/4 full. Bake 22-25 minutes, until tops of muffins are golden brown. Remove from pan and serve immediately or cool on racks. Yield: 12 muffins.

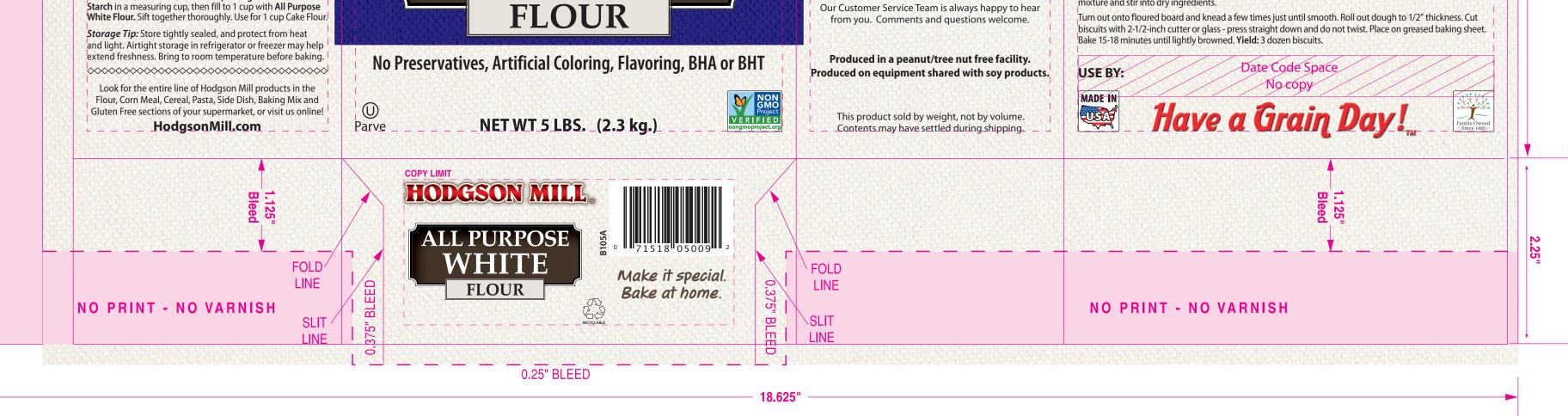
To add whole grains, follow recipe above but use 1 cup Hodgson Mill All Purpose Flour and 3/4 cup Hodgson Mill Whole Wheat Flour.

— Angel Biscuits —				
1 pkg. Hodgson Mill Active Dry Yeast	1 tsp. baking soda			
3 Tbsp. warm water (95-110°F)	1 tsp. salt			
5 cups Hodgson Mill All Purpose White Flour	1 cup vegetable shortening			
1/4 cup sugar	2 cups buttermilk, room temperature			
5 tsp. baking powder				

3/4 tsp. salt

Preheat oven to 400°F. In a small bowl, mix yeast and water and let sit 5 minutes until bubbly. In a large bowl, mix dry ingredients together. Cut in shortening until mixture is like coarse crumbs. Mix buttermilk with yeast and stir into dry ing

9<u>.</u>25



Modified 03/12/2008