

GLUTEN FREE  
**APPLE CINNAMON**  
MUFFIN MIX

1327H

GLUTEN FREE  
**APPLE CINNAMON**  
MUFFIN MIX


400 mg Omega-3s  
Per Serving


With Real Apples &  
Milled Flax Seed



NEW LOOK!  
SAME GREAT  
TASTE!

GLUTEN FREE  
**APPLE CINNAMON**  
MUFFIN MIX

 Certified by the  
Whole Grains Council  
to have 21 grams or  
more per serving.

 Hodgson Mill is a  
family owned company  
expertly milling grain  
since 1882.

 **MADE IN  
USA** Hodgson Mill promises  
wholesome, delicious,  
quality products from  
America's Heartland.

Look for the entire line of  
naturally wholesome and  
healthful Hodgson Mill  
products in the Flour, Corn  
Meal, Cereal, Pasta, Baking Mix  
and Gluten Free sections  
of your supermarket,  
or visit us online!

**HodgsonMill.com**

This package sold by weight,  
not by volume. Contents may  
have settled during shipping.



NET WT 7.6 oz. 216 g



GLUTEN FREE  
**APPLE CINNAMON**  
MUFFIN MIX



CARTON MADE WITH  
100%  
Recycled  
Paperboard  
MINIMUM 50% POST CONSUMER CONTENT  
**USE BY:**



*Have a Grain Day!*<sup>TM</sup>

**Nutrition Facts**

Serving Size 1/4 cup dry (36g)  
Servings Per Container 6

Amount Per Serving	Dry Mix	Prepared
<b>Calories</b>	120	220
Calories from Fat	10	90
	% Daily Value**	
<b>Total Fat</b> 1.5g*	2%	15%
Saturated Fat 0g	0%	5%
Trans Fat 0g		

<b>Cholesterol</b> 0mg	0%	0%
<b>Sodium</b> 240mg	10%	9%
<b>Total Carbohydrate</b> 28g	9%	11%
Dietary Fiber 2g	8%	4%
Sugars 5g		

<b>Protein</b> 2g		
Vitamin A	0%	2%
Vitamin C	0%	0%
Calcium	0%	2%
Iron	2%	2%

\*Amount in Dry Mix. Prepared contributes an additional 100 Calories (80 Calories from Fat), 9 g Total Fat (1 g Saturated Fat), 30 mg Cholesterol, 4 g Total Carbohydrate (7 g Sugars), 1 g Protein.  
\*\*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  
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

**INGREDIENTS:** Whole Grain Brown Rice Flour, Dried Apples, Whole Grain Sorghum Flour, Tapioca Flour, Whole Grain Millet Flour, Milled Flax Seed, Leavening (Baking Powder [Sodium Acid Pyrophosphate, Baking Soda, Corn Starch, Monocalcium Phosphate], Baking Soda), Cinnamon, Xanthan Gum, Salt.

**Hodgson Mill, Inc.,**  
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800.525.0177

Our Customer Service Team is  
always happy to hear from you.  
Comments and questions welcome.

Produced in a peanut/  
tree nut free facility.

You need:



1/2 cup milk



1/4 cup oil



1/4 cup sugar\*



1 egg

\*Sweeten to taste. Or substitute honey, applesauce, or your favorite sweetener.



Combine muffin mix  
and ingredients in  
mixing bowl. Mix well  
until blended. Spoon  
into muffin cups.



Bake 14-15 minutes.  
Serve Warm.  
Yield: 6 muffins.

For mini muffins, follow directions above, bake 12-14 minutes. Yield: 22-24 mini muffins.

— **Apple Cinnamon Pancakes** —

1 Box (7.6 oz.) **Hodgson Mill Apple Cinnamon Muffin Mix**  
1/4 cup sugar 1 cup milk\*  
1 Tbsp. vegetable oil 1 egg

Combine muffin mix, sugar and oil until blended.  
Add milk and egg. Stir until a smooth batter forms.  
Preheat griddle to 360° F. Pour 1/4 cup batter  
onto griddle for each pancake. Cook until small  
bubbles form on edges. Turn pancake over and  
cook until golden brown.

Yield: 10-12 (4 inch) pancakes.

\*For thinner pancakes, add more milk, for thicker pancakes, add less milk.



7 1/4 10 1/4