13.00”

1.125" | 2.5" GUSSETT | 3.5" FACE | 2.5" GUSSETT | 3.375" BACK

1/16" BLEED

12.25”

14.00”

6.25" MAX PRINT HEIGHT

1.75"

FINISHED LENGTH/FOLD

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HODGSON MILL

WHOLE GRAIN RYE FLOUR

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.

The whole rye kernels are carefully ground with traditional granite millstones to preserve all the goodness and flavor of the whole grain. NO preservatives, artificial coloring, flavoring or artificial enrichment added. Thanks for caring enough to buy **Hodgson Mill!**

The Whole Grain Difference

Whole grain flours include the nutritious bran and germ of the kernel – refined flours don't.

- **Bran:** Protective outer covering *Fiber, B Vitamins & Trace Minerals*
- **Endosperm:** Starchy inner core *Energy, Carbohydrates & Protein*
- **Germ:** Tiny seedling inside grain *Antioxidants, Vitamin E & B*

Storage Tip: Store tightly sealed, and protect from heat and light. Airtight storage in refrigerator or freezer may help extend freshness. Bring to room temperature before baking.

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

HodgsonMill.com

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

PREMIUM QUALITY Since 1882 — HODGSON WATER MILL — HODGSON MILL®

Traditional • Stone Ground

WHOLE GRAIN RYE FLOUR

No Preservatives, Artificial Coloring, Flavoring, BHA or BHT

Ⓤ Parve

NET WT 2 LBS. (32 oz.) 907 g.

WHOLE GRAIN

NON GMO Project VERIFIED nongmoproject.org

HODGSON MILL

WHOLE GRAIN RYE FLOUR

Nutrition Facts

Serving Size less than 1/4 cup (30g)
Servings Per Container about 30

Amount Per Serving	
Calories 90	Calories from Fat 5
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 22g	7%
Dietary Fiber 4g	16%
Sugars 0g	
Protein 3g	
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:	2,000	2,500
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

100% WHOLE GRAIN 30g or more per serving WholeGrainsCouncil.org

EAT 48g OR MORE OF WHOLE GRAINS DAILY

INGREDIENTS: 100% Stone Ground Whole Grain Rye Flour.

Hodgson Mill, Inc., 1100 Stevens Ave. Effingham, IL 62401 • 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. Produced on shared equipment. May contain traces of soy or wheat.

HODGSON MILL

WHOLE GRAIN RYE FLOUR

Our premium Rye Flour is special because it is truly whole grain – when one pound of premium rye kernels go into our traditional granite millstones, one pound of rye flour comes out. Nothing added, nothing taken away.

Enjoy the distinctive taste of rye in classic deli rye sandwich breads, pumpernickel and artisan breads. This flour is also ideal for adding depth of flavor to traditional sourdough starters. Or, enjoy in rolls, crackers, cookies, pie crusts or pancakes!

German Dark Rye Bread

- 2 pkgs. **Hodgson Mill Active Dry Yeast**
- 2 cups warm water (95-110°F)
- 1/4 cup brown sugar
- 1/4 cup molasses
- 3-1/2 cups **Hodgson Mill Rye Flour**
- 2 Tbsp. **Hodgson Mill Vital Wheat Gluten**
- 3 Tbsp. cocoa powder
- 1 Tbsp. caraway seeds (optional)
- 1/4 cup butter, melted
- 2 tsp. salt
- 2-1/2 to 3-1/2 cups **Hodgson Mill Best for Bread® Flour**

In a large bowl combine warm water, Active Dry Yeast and brown sugar. Let sit about 5 minutes until bubbly. Add molasses, Rye Flour, Vital Wheat Gluten, cocoa, and caraway seeds. Beat well, then let sit for ten minutes. Mix in melted butter and salt. Mix in 1 cup Best for Bread® Flour. Stir in enough remaining Best for Bread® Flour to make a soft dough and knead 8-10 minutes until smooth and elastic. Place in an oiled bowl, turning once to coat. Cover with a damp cloth or plastic wrap and allow to rise one hour or until doubled. Divide into two pieces. Gently knead to work out air bubbles. Form into loaves and place in two greased 9x5-inch loaf pans. Cover again and allow to rise another hour or until nearly doubled. Bake in preheated 400°F oven 25-28 minutes. Immediately remove from pans and cool on a wire rack. **Yield:** 2 loaves.

Rye Flour Baking Tip: Rye is naturally lower in gluten– the stretchy protein that gives breads their familiar rise and texture– than wheat. For best bread making results, combine with **Hodgson Mill Best for Bread® Flour**, or try adding **Hodgson Mill Vital Wheat Gluten** when you bake. Loaves made with 100% rye may rise less and be more dense than those made with a combination of rye and wheat or additional wheat gluten.

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MADE IN USA

For more recipes, or to see all our products, visit **HodgsonMill.com**

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Family Owned – Since 1882 –

fold | fold

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