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 BUCKWHEAT 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.

To make this flour, we carefully grind whole buckwheat kernels with traditional granite millstones to preserve all the goodness and flavor of the whole grain.

NO preservatives, artificial coloring, flavoring or enrichments are ever added.

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.

Did you know? Buckwheat is not a "wheat" at all. It's actually a nutritious , naturally gluten free seed.

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 BUCKWHEAT 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 BUCKWHEAT FLOUR

Nutrition Facts

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

Amount Per Serving	
Calories 100	Calories from Fat 10
	%Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 4g	
Vitamin A 0% • Vitamin C 0%	
Calcium 2% • 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:	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 Buckwheat 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.

Buckwheat Crêpes

3/4 cup **Hodgson Mill Buckwheat Flour**
1/4 cup **Hodgson Mill All Purpose White Flour**, or **Hodgson Mill Gluten-Free Baking Flour**
1/2 teaspoon salt
3 large eggs
1/4 cup butter, melted
1-1/4 cup milk

Combine flours and salt in a large bowl. Whisk in eggs, butter and milk until it forms a smooth batter. Cover and let rest 2 hours or overnight in fridge. Oil a large skillet or crêpe pan and heat over medium high heat. Pour 1/4 cup of batter at a time into skillet. Tilt skillet to swirl batter to 8-inch diameter. Cook until edges look dry, about 1 minute, then turn and cook other side 20 seconds. Remove from skillet and cover each crêpe with waxed or parchment paper until ready to serve. **Yield:** 8-10 crêpes (4-5 servings).

Fill with fresh or stewed fruit, whipped cream, yogurt, nut butters, lemon or sugar; or try savory fillings like scrambled egg, bacon, spinach and cheese.

Buckwheat Pancakes

1 cup **Hodgson Mill Buckwheat Flour**
1 tsp. baking powder
2 Tbsp. sugar
1/2 tsp. salt
1 egg, beaten
1 cup milk
2 Tbsp. melted butter

Preheat griddle or large skillet (if electric) to 375˚F. Grease lightly with oil. Griddle is ready when small drops of water sizzle and disappear almost immediately. In a large bowl, mix dry ingredients together; add egg, milk and butter, beating well after each addition. Pour 1/4 cup batter for each pancake onto the hot griddle. Cook 1 to 1-1/2 minutes, turning when edges look dry and bubbles begin to break on surface. Continue to cook 1 to 1-1/2 minutes or until golden brown. **Yield:** 8-10 pancakes.

To make Buttermilk Buckwheat Pancakes, use above recipe but add 1 tsp. baking soda and substitute buttermilk for milk.

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MADE IN USA

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