



HODGSON MILL
USDA ORGANIC OTCO

ALL PURPOSE WHITE FLOUR

Great baking begins with great ingredients.
Hodgson Mill Organic Products are USDA certified organically grown and processed. Instead of relying on chemical fertilizers and pesticides, organic farmers use responsible land management techniques like tilling and crop rotation to produce the wheat we use.

The high-quality grain they grow is carefully ground, and the bran and germ are sifted out, 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, flavoring or enrichments are ever added. Thank you for caring enough to buy Hodgson Mill!



The Wheat Kernel

- 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

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.

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.

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



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ALL PURPOSE WHITE FLOUR

Unbleached • Unenriched



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



HODGSON MILL



Have a Grain Day!

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Nutrition Facts

Serving Size 1/4 cup (30g)	
Servings Per Container about 30	
Amount Per Serving	% Daily Value*
Calories 110	Calories from Fat 5
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 23g	8%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 240mg 240mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 25g
Calories per gram:	Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: 100% Organic Unbleached and Unenriched Wheat Flour.

Hodgson Mill, Inc., 1100 Stevens Ave.
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CERTIFIED ORGANIC BY OREGON TILTH

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.

Do not eat raw flour, dough or batter.

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ALL PURPOSE WHITE FLOUR

Our Organic All Purpose White Flour's light texture and flavor makes it the perfect base for all your favorite recipes. We could have 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 Organic All Purpose White Flour (divided) | 3/4 tsp. salt | 1/2 cup vegetable oil |
| 2-1/2 tsp. baking powder | 1 egg, well beaten | 1 cup blueberries (thawed & drained if frozen) |
| | 3/4 cup milk | |
| | 1/3 cup sugar | |

Preheat oven to 400°F. Prepare 12 muffin cups with paper liners or non-stick cooking spray. In large bowl, mix 1-3/4 cups of flour, baking powder and salt, and make a well in the center. In small bowl, combine egg, milk, 1/3 cup 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 25 minutes, until tops of muffins are golden brown. Remove from pan and serve immediately or cool on racks. Yield: 12 muffins.

Chewy Chocolate Chip Cookies with Milled Flax Seed

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|--------------------------|--|
| 1 cup butter, softened | 2 cups Hodgson Mill Organic All Purpose White Flour |
| 1 cup brown sugar | 1/4 cup Hodgson Mill Organic Golden Milled Flax Seed |
| 1/2 cup granulated sugar | 1 tsp. baking soda |
| 1 egg, beaten | 1/2 tsp. salt |
| 1 tsp. vanilla | 1 cup chocolate chips |

Preheat oven to 350°F. In large bowl, cream butter and sugars until fluffy. Add egg and vanilla and beat again. In separate bowl, combine flour, baking soda, salt, and milled flax seed. Add to creamed mixture and stir until just combined. Fold in chocolate chips. Drop by teaspoonful 2 inches apart onto an ungreased baking sheet. Bake at 350°F for 10-12 minutes, until edges are golden. Remove from sheet and cool. Yield: 48 cookies.

USE BY:

DATE CODE AREA



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

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Legend

- BLACK LINES - Folds, edges
- RED LINES - Color
- BLUE LINES - Varnish

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