



Gluten Free

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Have a Grain Day!™



# UNBLANCHED ALMOND FLOUR/MEAL



NET WT 11 oz. 312 g



Certified Gluten Free by the Celiac Support Association.



TEAR HERE.



Since 1882, Hodgson Mill has provided wholesome products that are delicious and nutritious. The original mill stands today as a testament to ingenuity, hard work and perseverance. Those traditional values still drive us today, in a state of the art facility where we provide quality and service unparalleled.

Only premium, whole, unblanched almonds are ground into our Almond Flour/Meal. Many nutrients and antioxidants – not to mention lots of delicious flavor – are found in the almond skin. We leave those benefits intact for you to enjoy!

#### Suggested Uses:

Try replacing 1/4 to 1/3 of the total flour in your favorite recipe with Almond Flour/Meal. Bake as directed. Or, use as part of a gluten free flour blend along with other gluten-free flours and starches such as brown or white rice, coconut, tapioca and potato starch.

#### Almond Meal Pancakes

- 1 cup Hodgson Mill Almond Flour/Meal
- 1/4 tsp. salt
- 1/4 cup applesauce
- 1/4 tsp. baking powder
- 1 tsp. vanilla
- 1/4 tsp. cinnamon
- 2 eggs
- 1 Tbsp. honey or sweetener of choice

Preheat griddle or skillet to medium heat. Combine Almond Flour/Meal, salt, baking powder, and cinnamon in a bowl and whisk together. Add remaining ingredients and mix until thoroughly combined. Lightly oil cooking surface (if you use a nonstick surface you may not need oil.) Drop spoonfuls of batter onto preheated skillet and cook until golden brown and edges appear slightly dry, 2-3 minutes. Flip pancake and cook on remaining side until browned, about 2 more minutes. Watch carefully while cooking and reduce heat if pancakes brown too quickly. Yield: 4-5, 5-inch pancakes

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#### Nutrition Facts

Serving Size 1/4 cup (22g)  
Servings Per Container about 14

Amount Per Serving	
<b>Calories 120</b>	Calories from Fat 90
<b>% Daily Value*</b>	
<b>Total Fat 10g</b>	<b>15%</b>
Saturated Fat 1g	4%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 0mg</b>	<b>0%</b>
<b>Total Carbohydrate 6g</b>	<b>2%</b>
Dietary Fiber 3g	12%
Sugars 1g	
<b>Protein 5g</b>	
Vitamin A 0%	Vitamin C 0%
Calcium 6%	Iron 6%
Vitamin E 25%	Magnesium 15%
*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	

INGREDIENTS: Whole Ground Almonds.

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REFRIGERATE AFTER OPENING.

Produced in a peanut free facility.

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



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