



Gluten Free
Excellent Source
of Fiber

TEAR HERE.

*Have a Grain Day!*TM



COCONUT
FLOUR



NET WT 11 oz. 312 g



Certified Gluten Free by the Celiac Support Association.



TEAR HERE.

*Have a Grain Day!*TM



**HODGSON
MILL**[®]

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.

Hodgson Mill Gluten Free Coconut Flour is naturally sweet, high in fiber and low in carbohydrates. In baked goods, Coconut Flour attracts water and fat, and helps keep your gluten free foods moist and may add a subtle, delicious coconut flavor.

Suggested Uses:

- To add coconut flour to your favorite recipes, try substituting 10 to 20 percent of the total flour with coconut flour and increase liquids by a similar percentage.
- Works well as a thickener in soups and stews as well as in frostings.

Perfect Gluten Free Flour Blend

- 1-1/2 cups Hodgson Mill White Rice Flour or Brown Rice Flour
- 1 cup Hodgson Mill Coconut Flour
- 1-1/4 cups Hodgson Mill Tapioca Starch
- 1/2 cup Hodgson Mill Non-GMO Cornstarch
- 2 tsp. Hodgson Mill Xanthan Gum
- 1/4 to 1/2 cup Hodgson Mill Milled Flax Seed

Mix all ingredients together very well and store in an airtight container, preferably in the refrigerator. Use as a cup for cup replacement for all-purpose flour in your favorite recipes. Especially well suited for moist baked goods like pancakes, muffins and cookies. Use more milled flax seed for higher protein and fiber, nuttier flavor and more browning; use less for lighter color, flavor and texture.

For our full line of products,
information, recipes & more,
visit **HodgsonMill.com**



Nutrition Facts

Serving Size 1/4 cup (29g)
Servings Per Container about 11

Amount Per Serving			
Calories 80		Calories from Fat 25	
		% Daily Value*	
Total Fat	3g		5%
Saturated Fat	2.5g		13%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	15mg		1%
Potassium	380mg		11%
Total Carbohydrate	17g		6%
Dietary Fiber	10g		40%
Soluble Fiber	0g		
Insoluble Fiber	10g		
Sugars	6g		
Protein	6g		
Vitamin A	0%		Vitamin C 0%
Calcium	2%		Iron 15%
Phosphorus	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
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Coconut Flour.

Hodgson Mill, Inc., 1100 Stevens Ave.
Effingham, IL 62401 • 800.525.0177

Produced in a peanut free facility.

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



F442C



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

Hodgson Mill, Inc., 1100 Stevens Ave. Effingham, IL 62401 • 800.525.0177