



MILLED
FLAX SEED

Have a Grain Day!™

HODGSON MILL

MILLED
FLAX SEED

2600mg Omega-3s
Per Serving

Certified
Gluten Free

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HODGSON
MILL

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NEW LOOK!
SAME GREAT
TASTE!



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Tiny flax seeds are nutritional powerhouses. Just 2 Tablespoons of Milled Flax Seed delivers 2600mg ALA Omega-3s, 4g of fiber, and 3g of protein. And the deliciously nutty flavor makes it easy to add to your favorite foods!

Our Milled Flax Seed (or Flax Seed Meal) is finely ground using a special cold-milling process for the freshest product. Whole flax seeds have a tough shell, so our Milled Flax Seed can be much easier for your body to digest!

- **Oil Substitute in baking:** Use 3 Tbsp. Milled Flax Seed to replace 1 Tbsp. oil or fat.
- **Egg Substitute in baking:** Mix 1 Tbsp. Milled Flax Seed with 3 Tbsp. warm water. Let rest 5-10 minutes to thicken. Replaces one egg. Works best in recipes calling for 3 eggs or less.



Hodgson Mill is a family owned company expertly milling grain since 1882.

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

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Parve

NET WT 12 oz. (340 g.)

Recipes on back!

Nutrition Facts

Serving Size 2 Tbsp. (13g)
Servings Per Container 26

Amount Per Serving

Calories 60 Calories from Fat 45

% Daily Value*

Total Fat 5g 8%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 4g 1%

Dietary Fiber 4g 16%

Sugars 0g

Protein 3g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 4%

Magnesium 10% • Manganese 20%

*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: Brown Milled Flax Seed.

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.

REFRIGERATE AFTER OPENING.

Produced in a peanut/tree nut free facility.
Produced on shared equipment.
May contain traces of soy.

— Whole Wheat Flax & Apple Muffins —

- 1/4 cup Hodgson Mill Milled Flax Seed
- 3/4 cup Hodgson Mill Whole Wheat Graham Flour
- 1 cup Hodgson Mill All Purpose White Flour
- 1/2 cup sugar
- 2 tsp. baking powder
- 1/2 tsp. baking soda
- 1/4 tsp. cinnamon
- 1 egg, beaten
- 3 Tbsp. vegetable oil
- 1/2 cup milk
- 1-1/2 cups finely chopped apples
- 1/2 cup chopped nuts

Blend dry ingredients together in a bowl. In a separate bowl, combine egg, vegetable oil and milk. Add dry ingredients to egg mixture and stir until just blended. Fold in apples and nuts. Batter will be thick. Fill greased muffin cups 2/3 full. Bake at 400°F for 18-20 minutes or until top springs back when touched. Yield: 12 muffins.

— Golden Flax Bread —

- 2 Tbsp. Hodgson Mill Milled Flax Seed
- 2-1/2 cups Hodgson Mill Best For Bread® Flour
- 1-1/2 tsp. Hodgson Mill Fast Rise Yeast
- 1 Tbsp. Hodgson Mill Vital Wheat Gluten (optional)
- 1-1/2 Tbsp. non-fat dry milk
- 7/8 cup water
- 2 Tbsp. butter*
- 3 Tbsp. molasses
- 1 tsp. salt

Add ingredients to a bread machine in the order suggested by the manufacturer. Select a basic cycle with a light or medium color setting. Yield: 1-1/2 pound loaf.

*You can replace the butter by adding 6 more Tbsp. of Milled Flax Seed and 2 more Tbsp. of water.

— Strawberry Banana Smoothie —

- 3 Tbsp. Hodgson Mill Milled Flax Seed
- 1 cup fresh or frozen strawberries
- 2 medium ripe bananas, chunked
- 1-1/2 cups fat-free vanilla ice cream or frozen yogurt
- 1/2 cup low fat milk
- 2 Tbsp. honey

Place all ingredients in a blender and mix on medium-high speed for 45 seconds or until smooth. Pour into glasses and serve immediately. Yield: 2-12oz. glasses. Try with your favorite fruit combination!

Add to yogurt, juices, salads, cereals and more!
Include in your favorite recipes to add fiber and essential Omega-3 Oils to your diet.

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USE BY:

