PK3401 - 3/20/15

WHOLE WHEAT
GINGERBREAD
BAKING MIX

Have a Grain Day!™

I213K

HODGSON MILL

Traditional
Stone Ground
Whole Grain

Milled Flax Seed
& Chia Seed

HODGSON MILL
WHOLE WHEAT GINGERBREAD BAKING MIX
HODGSON MILL
Have a Grain Day!™

Discover the Whole Wheat Difference! Hodgson Mill Whole Wheat Gingerbread Mix is unlike any you've tried before. That's because we start with our Stone Ground Whole Wheat Flour, with its wholesome taste and whole grain texture, and add a variety of rich spices to make this delicious traditional cake. We hope you enjoy both the classic flavor of our Gingerbread and its whole grain goodness!

Certified by the Whole Grains Council to have 20 grams or more per serving.

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

Hodgson Mill promises you wholesome, delicious, quality products from America's Heartland.

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!

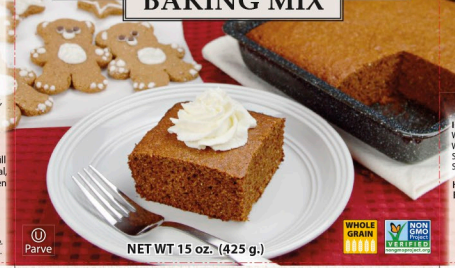
HodgsonMill.com

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

PREMIUM QUALITY since 1882 HODGSON MILL

NEW & IMPROVED!

WHOLE WHEAT
GINGERBREAD
BAKING MIX



NET WT 15 oz. (425 g.)

Nutrition Facts

Serving Size 1/4 cup dry (40g)
Servings Per Container about 11

Amount Per Serving	Dry Mix	Prepared w/ Oil, Milk & Eggs
Calories	140	210
Calories from Fat	5	60
	%Daily Value*	
Total Fat 0.5g*	1%	11%
Saturated Fat 0g	0%	5%
Trans Fat 0g		
Cholesterol 0mg	0%	12%
Sodium 320mg	14%	14%
Total Carbohydrate 31g	10%	11%
Dietary Fiber 2g	10%	10%
Sugars 10g		
Protein 4g		
Vitamin A	0%	2%
Vitamin C	0%	2%
Calcium	4%	8%
Iron	4%	6%

*Amount in Dry Mix: Prepared w/ Oil, 2% Milk & Eggs contributes an additional 70 Calories (60 Calories from Fat), 7 g Total Fat (1 g Saturated Fat), 36 mg Cholesterol, 30 mg Sodium, 1 g Total Carbohydrate (1 g Sugars), 1 g Protein.
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: Stone Ground Whole Grain Wheat Flour, Malt Extract, Brown Sugar, Wheat Starch, Baking Soda, Milled Flax Seed, Vital Wheat Gluten, Cinnamon, Chia Seed, Salt, Cloves, Vegetable Fiber, Ginger.

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 milk.

— Whole Wheat Gingerbread —

You need:

1/4 cup oil (or melted butter) · 7/8 cup milk (3/4 cup + 2 Tbsp.) · 2 eggs, beaten · 2 Tbsp. molasses *(optional, for richer flavor)*

1. **350°F** Preheat oven to 350° F.

2. Coat 8 x 8-inch* baking pan with non-stick spray.

3. Combine ingredients in a large bowl and mix until well blended. Spread evenly in pan.

4. Bake **33-38 minutes,** or until toothpick inserted comes out clean.

Serve warm as is, or with whipped cream, ice cream, yogurt, caramel or lemon sauce. **Yield:** 9 large or 12 small servings.

*If using 9x9-inch pan, bake 30-35 minutes.

Egg & milk free option: Use just 1/4 cup oil and 1 cup plus 2 Tbsp. non-dairy milk. The Flax and Chia Seed in this mix help replace the eggs!

— Whole Wheat Gingerbread Bears —

1 Box (15 oz.) **Hodgson Mill Whole Wheat Gingerbread Mix**

1/4 cup oil or melted butter
1/4 cup milk

Preheat oven to 350°F. Combine ingredients in a large bowl until well blended. Dough will be crumbly. Form into a ball. Roll out on lightly floured surface to 1/4-inch thick. (Do not overwork.) Cut with cookie cutter and carefully transfer to a greased or parchment paper-lined baking sheet. Bake 10-12 minutes. Cool on wire rack. Decorate as desired. **Yield:** 12-16 (3-inch) cookies.

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Make it special. Bake at home.

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