

STONE GROUND
WHOLE WHEAT
MUFFIN MIX

Have a Grain Day!™

STONE GROUND
WHOLE WHEAT
MUFFIN MIX

Whole Grain

Good Source
Of Fiber

PREMIUM QUALITY
Since 1882

STONE GROUND
WHOLE WHEAT
MUFFIN MIX

Rich in Whole Grains
to help reduce the
risk of heart disease
and certain cancers.

The Food and Drug Administration
states that "diets rich in whole
grain foods and other plant foods
and low in total fat, saturated fat,
and cholesterol may reduce the risk
of heart disease and some cancers!"

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

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

HodgsonMill.com

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

STONE GROUND
WHOLE WHEAT
MUFFIN MIX

NET WT 7 oz. 198 g

STONE GROUND
WHOLE WHEAT
MUFFIN MIX

0 71518 00802 4

CARTON MADE WITH
100%
Recycled
Paperboard

USE BY:

1217K

Nutrition Facts
Serving Size 1/4 cup dry (36g)
Servings Per Container about 6

Amount Per Serving	
Calories 130	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	10%
Total Carbohydrate 27g	9%
Dietary Fiber 3g	12%
Sugars 6g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 4%

*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
Wheat Flour, Evaporated Cane Sugar, Malt
Extract, Wheat Starch, Leavening (GDL,
Baking Soda), Salt.

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Produced in a peanut/tree nut free facility.

— Whole Wheat Muffins —

1 Box (7 oz.) Hodgson Mill Whole Wheat Muffin Mix 1 egg
1 Tbsp. butter or vegetable oil 3/4 cup milk

Preheat oven to 400° F. Line 6 muffin cups with paper liners or grease muffin
cups. Place Hodgson Mill Whole Wheat Muffin Mix into mixing bowl; cut in butter
or vegetable oil. Add milk and egg. Mix just until blended. Spoon batter into
prepared muffin cups. Bake at 400° for 15 minutes. **Yield:** 6 muffins.

— Applesauce Whole Wheat Muffins —

1 Box (7 oz.) Hodgson Mill Whole Wheat Muffin Mix 1 egg
1 Tbsp. butter or vegetable oil 1 egg
3/4 cup applesauce 1/2 tsp. cinnamon

Preheat oven to 400° F. Line 6 muffin cups with paper liners or grease muffin cups.
Place Hodgson Mill Whole Wheat Muffin Mix into mixing bowl; cut in butter or
vegetable oil. Add remaining ingredients. Mix just until blended. Spoon batter
into prepared muffin cups. Batter will be thick. Bake at 400° for 15 minutes.
Yield: 6 muffins.

— Whole Wheat Silver Dollar Pancakes —

1 Box (7 oz.) Hodgson Mill Whole Wheat Muffin Mix 1 egg
1 Tbsp. butter or vegetable oil 3/4 cup milk

Place Hodgson Mill Whole Wheat Muffin Mix into mixing bowl; cut in butter or
vegetable oil. Add milk and egg. Mix just until blended. Preheat griddle and
allow batter to rest 5 minutes. Coat griddle with
butter, margarine or vegetable oil. Drop batter
onto griddle using a tablespoon for each
pancake. Allow bubbles to form on top
of each before turning. Serve up hot
with syrup or your favorite topping.
Yield: 23-25 mini pancakes.