.875” 2.50” 3.5” 2.50” 3.375” .125” TRIM

12.25”

FILL HEIGHT 6.25”

HODGSON MILL HODGSON MILL HODGSON MILL HODGSON MILL

PREMIUM QUALITY Since 1882 HODGSON WATER MILL HODGSON MILL®

Traditional • Stone Ground

WHOLE GRAIN BROWN RICE FLOUR

No Preservatives, Artificial Coloring, Flavoring, BHA or BHT

Parve

NET WT 2 LBS. (32 oz.) 907 g.

WHOLE GRAIN

NON GMO Project VERIFIED nongmoproject.org

WHOLE GRAIN BROWN RICE FLOUR

Great baking begins with great ingredients.

For over 125 years, bakers have trusted us to provide premium quality flours and meals for their kitchens. The secret is simple: we start with premium grains and always treat them with care.

To make this flour, we carefully grind brown rice kernels with traditional granite millstones to preserve all the goodness and flavor of the whole grain.

NO preservatives, artificial coloring, flavoring or enrichments are ever added.

The Whole Grain Difference

Whole grain flours include the nutritious bran and germ of the kernel – refined flours don't.

- **Bran:** Protective outer covering *Fiber, B Vitamins & Trace Minerals*
- **Endosperm:** Starchy inner core *Energy, Carbohydrates & Protein*
- **Germ:** Tiny seedling inside grain *Antioxidants, Vitamin E & B*

Storage Tip: Store tightly sealed, and protect from heat and light. Airtight storage in refrigerator or freezer may help extend freshness. Bring to room temperature before baking.

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

WHOLE GRAIN BROWN RICE FLOUR

Nutrition Facts

Serving Size less than 1/4 cup (30g)
Servings Per Container about 30

Amount Per Serving		% Daily Value*
Calories 110	Calories from Fat 5	
Total Fat 1g		2%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 0mg		0%
Total Carbohydrate 23g		8%
Dietary Fiber 1g		4%
Sugars 0g		
Protein 2g		

Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 2%

*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

100% plus WHOLE GRAIN 30g or more per serving WholeGrainsCouncil.org
EAT 48g OR MORE OF WHOLE GRAINS DAILY

INGREDIENTS: 100% Stone Ground Whole Grain Brown Rice Flour.

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 wheat.

Do not eat raw flour, dough or batter.

WHOLE GRAIN BROWN RICE FLOUR

This premium Brown Rice Flour is special because it's stone-ground – when one pound of premium whole grain brown rice goes into our traditional granite millstones, one pound of brown rice flour comes out – nothing added, nothing taken away.

You'll love the light, neutral flavor and wholesome stone ground texture. Use a little in your favorite recipes, or get creative and make a flour blend to replace all-purpose flour in cookies, muffins, breads, and more!

Nutty Brown Rice Cookies

1 cup **Hodgson Mill Brown Rice Flour**
1 cup **Hodgson Mill Almond Flour/Meal**
1/4 cup brown sugar
2 tsp. baking powder
1/2 teaspoon salt
1/4 cup honey
2 Tbsp. butter, melted
1 egg, beaten
1 tsp. vanilla

In a large bowl, blend all ingredients thoroughly. Chill for several hours or overnight. When ready to bake, preheat oven to 350°F and prepare a baking sheet with oil or parchment paper. Roll dough into one-inch balls and arrange on prepared baking sheet. Press flat with bottom of glass dipped in sugar. Bake at preheated 350°F for 10-12 minutes. **Yield:** 18 cookies.

Option: Try substituting 1 cup ground walnuts or other nuts for Almond Flour/Meal.

- Substitute up to 1/4 of total all-purpose flour in your favorite recipes for a whole grain boost.
- This flour will not replace all-purpose flour cup-for-cup in most recipes – brown rice contains no gluten, which helps baked goods stick together. Look for recipes specially formulated for brown rice flour, or mix with other flours, starches and gums to make an alternative flour blend.

USE BY: DATE CODE AREA

MADE IN USA

For more recipes, or to see all our products, visit **HodgsonMill.com**

Have a Grain Day!™

Family Owned – Since 1882 –

1.75”

HODGSON MILL®

B131B 0 71518 05041 2 RECYCLABLE

Have a Grain Day!™

Legend

BLACK LINES - **Folds, edges**
RED LINES - **Color**
BLUE LINES - **Varnish**

GATEWAY PACKAGING COMPANY
Gateway Packaging Co.
20 Central Industrial Dr.
Granite City, IL 62040
Phone: (618) 451-0010
Fax: (618) 876-4856