

DO YOU EAT WHOLE FLAX SEED?

If you do, you may not get its entire nutritious Omega-3 Oil benefits. That's why we use a specially milled flax seed for our pasta. We break it down for you!

Unlike whole flax seed which cannot be digested, our specialty-milled flax seed allows your body the opportunity to fully absorb the benefits of the heart-healthy Omega-3 Oils.

One serving of this delicious pasta provides you with **500 mg of Omega-3 Oils!**

RICH IN WHOLE GRAIN

to help reduce the risk of heart disease and certain cancers.

"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 certain cancers!"

Hodgson Mill Spaghetti Primavera

Ingredients: 1 box (12 oz.) Hodgson Mill Organic Whole Wheat Spaghetti, 1/2 cup whipping cream, 1/2 cup grated Parmesan cheese, divided, 1 tsp. basil, 1 cup red pepper, cut into julienne strips, 1 cup green pepper, cut into julienne strips, 2 cloves garlic, minced.

Serves 6 to 8

COOKING INSTRUCTIONS

Add pasta to 4 quarts boiling water. Cook 7-9 minutes (al dente) or until desired tenderness and drain.

INGREDIENTS: ORGANIC DURUM WHOLE WHEAT FLOUR, ORGANIC MILLED FLAX SEED.

Visit Us At

Effingham, IL 62401 • (800) 525.0177

Hodgson Mill, Inc. 1100 Stevens Avenue

If for any reason you are not satisfied with this product, simply send us both end flaps of this box and your purchase price to:

OUR GUARANTEE

CERTIFIED ORGANIC BY OREGON TILTH

RESPONSIBLY PRODUCED FOR HODGSON MILL INC.

Barcode: 0 71518 100051 6

www.HodgsonMill.com

Nutrition Facts

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 2.5g	4%	Total Carb 40g	13%
Sat Fat 0g	0%	Dietary Fiber 6g	24%
Trans Fat 0g	0%	Sugars 1g	
Cholest. 0mg	0%	Protein 8g	
Sodium 0g	0%		

Calories from Fat 20

Servings 6

Serv. Size 2 oz dry (57)

Percent Daily Value (DV) are based on a 2,000 calorie diet.

Vitamin A 0% • Vitamin C 0% • Calcium 2% • Iron 15%
Thiamin 20% • Riboflavin 4% • Niacin 15% • Folic Acid 8%