



BREAD MACHINE or OVEN BAKED

BARLEY

BREAD MIX

Have a Grain Day!™

HODGSON MILL

BARLEY
BREAD MIX

FAST-RISE™ Yeast
Packet Included



Milled Flax Seed Adds
450mg Omega-3s
Per Serving

HODGSON MILL


BARLEY
BREAD MIX


**HODGSON
MILL**

Have a Grain Day!™

Baking bread is a tradition thousands of years in the making. With patience and a few simple steps, wholesome ingredients are transformed into delicious golden loaves.

With this convenient mix, it is easy to make fresh, hearty barley bread. This wholesome loaf, made with real barley flour and flakes, is perfect for sandwiches or eating by the slice. Milled flax seed offers its own delicious nutty flavor and adds Omega-3's! Treat your family to fresh bread – and take pride in what you bake!

 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.

NEW LOOK!
SAME GREAT
TASTE!

BREAD MACHINE or OVEN BAKED

BARLEY
BREAD MIX



U
Parve

NET WT 16 oz. (454 g.)



Nutrition Facts

Serving Size 1/4 cup dry (33g)
Servings Per Container about 14

Amount Per Serving	Dry Mix	with Oil
Calories	120	140
Calories from Fat	10	25

	%Daily Value**	
Total Fat 1g*	2%	5%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Cholesterol 0mg	0%	0%
Sodium 200mg	8%	8%
Total Carbohydrate 23g	8%	8%
Dietary Fiber 2g	8%	8%
Sugars 3g		

Protein 5g		
Vitamin A	0%	0%
Vitamin C	8%	8%
Calcium	2%	2%
Iron	6%	6%

*Amount in Dry Mix. Prepared with Oil contributes an additional 20 Calories (15 Calories from Fat), 2 g Total Fat.
**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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: Unbleached and Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin, Riboflavin, Folic Acid), Whole Grain Barley Flour, Milled Flax Seed, Cane Sugar, Vital Wheat Gluten, Whole Grain Barley Flakes, Molasses, Salt, Fast Rise Yeast (Yeast, Sorbitan Monostearate, Vitamin C), Wheat Starch, Vitamin C, Soy Lecithin.

CONTAINS: Soy, Wheat.

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 milk.

— Bread Machine Method —

Ingredients	1-1/2 lb. Machine	1 lb. Machine
Warm Water (95-110°F)	1 cup + 1 Tbsp.**	3/4 cup**
Dry Bread Mix	Entire package	2-1/2 cups
Softened Butter, Margarine* or Vegetable Oil	2 Tbsp.	1-1/2 Tbsp.
Yeast	Entire packet	1 tsp.

Hodgson Mill Barley Bread Mix is formulated especially for 1- 1/2 lb. electric bread machines, but can be easily adjusted for smaller one-pounders. Simply follow the grid above and always consult your particular make and model bread machine manufacturer's directions.

We recommend using the white bread setting on your machine.

* If using butter or margarine, cut into pieces. Light and whipped margarines do not work well.

**If bread machine labors or dough appears dry to handle, add additional water one teaspoon at a time.

— Oven Baked Bread —

1. Pour contents of package into bowl, reserving 2 Tbsp. of mix. Using a fork, cut in 2 Tbsp. butter, margarine or oil until the mixture resembles coarse crumbs.
2. In another large mixing bowl, mix yeast and 1 cup plus 1 Tbsp. warm water. Let stand 5 minutes until bubbly.
3. Gradually stir in enough bread mix to make a soft dough. Use reserved mix to lightly flour a surface for kneading. Knead until smooth; about 5 minutes.
4. Coat a large, clean mixing bowl with oil. Place dough in bowl. Cover with a damp cloth or plastic, and let rise in a warm place until double (1 to 1-1/2 hrs).
5. Punch down and turn dough onto lightly floured surface. Form into a loaf and place into greased 8-1/2 x 4-1/2 inch loaf pan. Cover with a damp cloth or plastic. Allow to rise in a warm place until dough is just above top of pan (30-60 minutes).
6. Bake in preheated 350°F oven until golden brown (30-35 minutes).

— Braiding Instructions —

Complete steps 1 through 4 of the **Oven Baked Bread** directions, or use bread machine dough cycle. Punch down and turn dough onto lightly floured surface. Divide into three equal pieces, shaping each piece into a rope 14-16 inches long. Arrange ropes side by side, slightly apart on a lightly greased baking sheet. Pinch the pieces together at one end. Starting where dough is pinched together, lift left outside rope over center rope then right outside rope over center rope, alternating each side until loaf is braided, *being careful not to stretch the dough*. Pinch ends together and tuck under loaf. Cover and allow dough to rise in a warm place 30 minutes to 1 hour. Bake in 350°F oven until golden brown (30-35 minutes). Brush with melted butter or olive oil after baking if desired.

BREAD MACHINE or OVEN BAKED

BARLEY
BREAD MIX

**HODGSON
MILL**



USE BY:

*Make it special.
Bake at home.*



5 1/8

2 1/8

15 3/32

7 1/4