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

12.25”

FILL HEIGHT 6.25”

HODGSON MILL
USDA ORGANIC ORGANIC OTCO

WHOLE WHEAT GRAHAM FLOUR

Great baking begins with great ingredients.

Hodgson Mill Organic Products are USDA certified organically grown and processed. Instead of relying on chemical fertilizers and pesticides, organic farmers use responsible land management techniques like tilling and crop rotation to produce the wheat we use.

The whole wheat kernels are carefully ground with traditional millstones to preserve all the goodness and flavor of the whole grain. NO preservatives, artificial coloring, flavoring or enrichments are ever added. Thanks for caring enough to buy **Hodgson Mill**!

The Whole Grain Difference

Whole grain flours include the nutritious bran and germ – 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.

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

PREMIUM QUALITY Since 1882 HODGSON WATER MILL

HODGSON MILL®

USDA ORGANIC ORGANIC OTCO

WHOLE WHEAT GRAHAM 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

HODGSON MILL
USDA ORGANIC ORGANIC OTCO

WHOLE WHEAT GRAHAM FLOUR

Nutrition Facts

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

Amount Per Serving	
Calories 100	Calories from Fat 5
	%Daily Value*
Total Fat 0.5g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 22g	**7%**
Dietary Fiber 4g	**16%**
Sugars 0g	
Protein 4g	

Vitamin A 0% • Vitamin C 0%
Calcium 2% • Iron 6%

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

INGREDIENTS: 100% Organic Stone Ground Whole Grain Wheat Flour.

Hodgson Mill, Inc., 1100 Stevens Ave. Effingham, IL 62401 • 800.525.0177

CERTIFIED ORGANIC BY OREGON TILTH

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.

Do not eat raw flour, dough or batter.

HODGSON MILL
USDA ORGANIC ORGANIC OTCO

WHOLE WHEAT GRAHAM FLOUR

*Our Organic Graham Flour is special because it is truly **whole wheat flour** – when one pound of premium organic wheat goes into traditional stone mills, one pound of 100% whole grain flour comes out. Nothing added, nothing taken away.*

Use this traditional flour to add tasty whole grain nutrition to breads, rolls, muffins, quick breads, brownies, cookies and even Graham crackers!

Whole Wheat Blueberry Muffins

- 1 cup minus 1 Tbsp. **Hodgson Mill Organic Whole Wheat Graham Flour**
- 3/4 cup **Hodgson Mill Organic All Purpose White Flour**
- 3/4 cup packed brown sugar
- 1-1/2 tsp. baking powder
- 1/2 tsp. salt
- 1/2 tsp. cinnamon
- 1 egg
- 3/4 cup plain yogurt
- 1/3 cup oil
- 2 cups blueberries (thaw & drain if frozen)
- 2 Tbsp. **Hodgson Mill Organic Whole Wheat Graham Flour**

Preheat oven to 375°F. Prepare 12 muffin cups with paper liners or non-stick cooking spray. In large bowl, mix together flours, brown sugar, baking powder and spices. In another small bowl, blend together egg, yogurt, and oil. Add to flour mixture, stirring until just moistened. In a small bowl or plastic bag, toss blueberries lightly with 2 Tbsp. flour (helps prevent sinking to bottom). Gently fold blueberries into batter. Pour into prepared muffin cups, bake 16-20 minutes. **Yield:** 12 muffins.

Fat Free Variation: Use 2 egg whites instead of egg; use fat-free yogurt; and use 1/3 cup unsweetened applesauce In place of oil. Adjust cooking time to 20-24 minutes.

Whole Grain Baking Tips

- Try replacing 1/4-1/2 of the total all-purpose flour in your favorite recipes with Whole Wheat Graham Flour.
- Use 1 cup minus 1 Tbsp. Whole Wheat Graham Flour as a substitute for 1 cup of all purpose flour.
- Adding Whole Grain Flours can make recipes denser and more flavorful.

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®

B260B 0 71518 05104 4 RECYCLABLE

Have a Grain Day!™

Legend

GATEWAY PACKAGING COMPANY

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

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