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

12.25”

FILL HEIGHT 6.25”

HODGSON MILL
USDA ORGANIC ORGANIC OTCO

# YELLOW CORN MEAL

*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 grain we use.

The whole corn 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 and meals include the nutritious bran and germ – refined flours don't.

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

***See the difference!*** *Our Whole Grain Organic Yellow Corn Meal contains the nutrition-packed germ of the corn kernel. The germ tips are naturally black in color – those are the specks you see. You're getting all of nature's goodness. We enjoy being Your Partner in Good Health!*

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

PREMIUM QUALITY Since 1882 — HODGSON WAYER MILL

HODGSON MILL®

USDA ORGANIC ORGANIC OTCO

YELLOW CORN MEAL

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

YELLOW CORN MEAL

## Nutrition Facts

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

| Amount Per Serving | |
|---|---|
| **Calories** 100 | Calories from Fat 10 |
| | **%Daily Value*** |
| **Total Fat** 1g | **2%** |
| Saturated Fat 0g | **0%** |
| Trans Fat 0g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 0mg | **0%** |
| **Total Carbohydrate** 23g | **8%** |
| Dietary Fiber 3g | **12%** |
| Sugars 0g | |
| **Protein** 3g | |
| Vitamin A 4% • Vitamin C 0% | |
| Calcium 0% • 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 Yellow Corn Meal.

**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 or wheat.**

**Do not eat raw flour, dough or batter.**

HODGSON MILL
USDA ORGANIC ORGANIC OTCO

## YELLOW CORN MEAL

*Our high-quality stone ground Organic Yellow Corn Meal simply makes the best cornbread and corn meal pancakes. Try it as polenta, or add some to your yeast breads for a delicious multigrain flavor. We think it's the tastiest corn meal anywhere!*

### Corn Meal Muffins

- 1-1/2 cups **Hodgson Mill Organic Yellow Corn Meal**
- 1 cup **Hodgson Mill Organic All Purpose White Flour**
- 1/4 cup sugar
- 1-1/2 tsp. baking powder
- 1/2 tsp. salt
- 1/4 tsp. baking soda
- 1 cup buttermilk
- 1/4 cup vegetable oil
- 1 egg

Preheat oven to 400°F. Prepare 12 muffin cups with liners or non-stick cooking spray. Mix dry ingredients in a large bowl and set aside. In another bowl, combine buttermilk, vegetable oil and egg. Combine all ingredients and mix just until blended. Let rest 5 minutes to thicken. Fill prepared muffin cups 3/4 full. Bake 15 minutes or until golden brown. Remove from pans. Serve immediately or cool on racks. **Yield:** 12 muffins.

### Corn Meal Blueberry Pancakes

- 2 cups **Hodgson Mill Organic Yellow Corn Meal**
- 1/4 cup sugar
- 1-1/2 tsp. baking powder
- 1/2 tsp. salt
- 1-1/2 cups milk
- 3 Tbsp. vegetable oil
- 2 egg whites
- 1 tsp. vanilla
- 2 cups blueberries

Combine dry ingredients in a medium bowl. In another bowl, whisk together milk, oil, egg whites and vanilla. Pour over dry ingredients and blend just until moistened. Let rest 5 minutes to thicken. Gently fold in blueberries. Heat griddle to 375°F. Lightly oil or spray with non-stick cooking spray. Pour 1/3 cup batter onto hot griddle. Cook pancakes until they are puffed and a few bubbles appear on top (about 3 minutes). Turn and cook until both sides are a dark golden brown. **Yield:** 12 pancakes.

***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.

**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®

B263B 0 71518 05103 7 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