



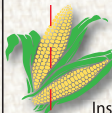
**HODGSON MILL**  
USDA ORGANIC OTCO



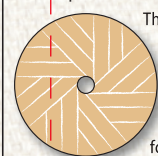
**HODGSON MILL**  
USDA ORGANIC OTCO

**HODGSON MILL**  
USDA ORGANIC OTCO

## YELLOW CORN MEAL



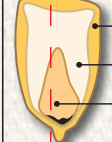
Great baking begins with great ingredients. Hodgson Mill Organic Products are USDA certified organically grown and processed. Instead of relying on chemical fertilizers and pesticides, organic farmers use responsible land management techniques like tilling and crop rotation to produce the grain we use.



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.

USDA ORGANIC OTCO

## YELLOW CORN MEAL

No Preservatives, Artificial Coloring, Flavoring, BHA or BHT



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



## YELLOW CORN MEAL

### Nutrition Facts

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

Amount Per Serving	Calories from Fat 10
<b>Calories</b> 100	
<b>Total Fat</b> 1g	2%
<b>Saturated Fat</b> 0g	0%
<b>Trans Fat</b> 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0mg	0%
<b>Total Carbohydrate</b> 23g	8%
<b>Dietary Fiber</b> 3g	12%
<b>Sugars</b> 0g	
<b>Protein</b> 3g	
<b>Vitamin A</b> 4%	<b>Vitamin C</b> 0%
<b>Calcium</b> 0%	<b>Iron</b> 0%
Percent Daily Values are based on a diet of whole grains daily.	
<b>Total Fat</b>	Less than 65g 65g
<b>Saturated Fat</b>	Less than 20g 20g
<b>Cholesterol</b>	Less than 240mg 240mg
<b>Sodium</b>	Less than 240mg 240mg
<b>Total Carbohydrate</b>	300g 375g
<b>Dietary Fiber</b>	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	



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.

## 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



For more recipes, or to see all our products, visit [HodgsonMill.com](http://HodgsonMill.com)

**Have a Grain Day!**



### Legend

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

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