



BREAD MACHINE or OVEN BAKED
HONEY WHOLE WHEAT
BREAD MIX

Have a Grain Day!

HODGSON MILL

FAST-RISE™ Yeast
Packet Included

Stone Ground
Whole Grain

HODGSON MILL

**HODGSON
MILL**

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NEW LOOK!
SAME GREAT
TASTE!

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NET WT 16 oz. (454 g.)



Nutrition Facts

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

Amount Per Serving	
Calories 120	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 24g	8%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 6g	
Vitamin A 0%	Vitamin C 6%
Calcium 0%	Iron 6%
Thiamin 10%	Riboflavin 6%
Niacin 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	

INGREDIENTS: Unbleached and Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin, Riboflavin, Folic Acid), Stone Ground Whole Grain Wheat Flour, Stone Ground Whole Grain White Wheat Flour, Honey Powder (Cane Sugar, Honey), Vital Wheat Gluten, Salt, Fast Rise Yeast (Yeast, Sorbitan Monostearate, Vitamin C), Vitamin C.

Hodgson Mill, Inc., 1100 Stevens Ave.
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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 milk.

— Bread Machine Method —

Ingredients	1-1/2 lb. Machine	1 lb. Machine
Warm Water (95-110°F)	1 cup plus 2 Tbsp.**	7/8 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 Honey Whole Wheat 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 whole wheat 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 —

- 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.
- In another large mixing bowl, mix yeast and 1 cup plus 2 Tbsp. warm water. Let stand 5 minutes until bubbly.
- 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.
- 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 hours).
- 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).
- Bake in preheated 350°F oven until golden brown (30-35 minutes).

— Whole Wheat Bread Sticks —

Use the dough cycle on your bread machine or follow the directions above through step 4. Turn dough onto a floured surface and roll into a rectangle 8 x 12 inches about 1/2 inch thick. Cut into 12 strips 1 inch wide and 8 inches long. Lightly coat a baking sheet with oil. Place dough strips slightly apart on baking sheet, twisting if desired. Allow to rise 30 minutes. Bake in preheated 400° oven for 15-18 minutes.

Yield: 12 bread sticks.
Option: Brush bread sticks before rising with an egg white mixture (1 egg white + 1 Tbsp. water) and sprinkle with toasted sesame seeds, poppy seeds, etc.



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*Make it special.
Bake at home.*



USE BY:

5 1/8

2 1/8

15 3/32

7 1/4