

15.094"

11.5"

You are about to embark on a culinary adventure that will connect you to a tradition thousands of years old. It's common to all lands and all people, and bread is still regarded the world over, as an essential food. Now more than ever, in these times of mass-produced bread, home-baked bread symbolizes the bounty of the earth, the life of the household, and the pleasures of food shared.

Congratulations on your choice to make it special... to bake at home.

BAKE BREAD THE TIME HONORED, TRADITIONAL WAY.

"Bread gained by labour has a fine taste."
-Italian Proverb

OUR GUARANTEE

Hodgson Mill, Inc. is dedicated to satisfying consumer demand for fine quality, healthy food products. If for any reason you are not satisfied with this product, we'll make it right. Simply send the complete bottom of this box and your purchase price to: Hodgson Mill, Inc. 1100 Stevens Avenue Effingham, IL 62401 • (800)525.0177

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(800)525.0177

Look for the entire line of Hodgson Mill® naturally wholesome and healthful food products in the **Flour, Corn Meal, Cereal, Pasta and Baking Mix** sections of your supermarket.

Manufactured by: Hodgson Mill, Inc.

Make It Special
Whole Grains
Parve



Bake At Home
All Natural
Low Fat

BREAD MACHINE or OVEN BAKED

9 GRAIN BREAD MIX



with
MILLED FLAX SEED

Yeast Packet Included

NET WT 16 oz. 454 g



Nutrition Facts

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

Amount Per Serving (Dry)
Calories 120 Calories from Fat 10

	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 21g	7%
Dietary Fiber 2g	10%
Sugars 2g	
Protein 6g	

Vitamin A 0% **Vitamin C** 8%
Calcium 2% **Iron** 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate	Less than	300g	375g
Dietary Fiber	Less than	25g	30g

INGREDIENTS:

UNBLEACHED AND ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN, RIBOFLAVIN, FOLIC ACID), GRAIN BLEND (WHEAT, OATS, RYE, BARLEY, CORN, TRITICALE, MILLET, RICE BRAN, MILLED FLAXSEED & SUNFLOWER), MILLED FLAXSEED, WHOLE WHEAT FLOUR, BROWNULATED SUGAR, VITAL WHEAT GLUTEN, MOLASSES, SALT, VITAMIN C
Packet of **FAST-RISE**® YEAST

Produced in a peanut/tree nut free environment.

CARTON MADE WITH



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

HODGSON MILL® *Have a Grain Day!*™

AUTOMATIC BREAD MACHINE

Ingredients	1-1/2 lb. Machine	1 lb. Machine
Water (warm)	1 cup**	3/4 cup**
Dry Bread Mix	Entire package	Measure 2-1/2 cups
Butter, Margarine* or Vegetable Oil	2 Tbsp. (in pieces)	1-1/2 Tbsp. (in pieces)
Yeast	Entire packet	Measure 1 tsp.

* Light and whipped margarines do not work well

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

Hodgson Mill 9 Grain Bread Mix is formulated especially for 1-1/2 lb. electric bread machines, but can be easily adjusted for the smaller one-pounders. Simply follow the grid above and always consult your particular make and model bread machine manufacturer's directions. Use the whole wheat bread setting on your machine.

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 vegetable oil into remaining mix.
2. In another large mixing bowl, mix dry yeast and 1 cup** warm water. Let stand 5 minutes.
3. Gradually stir in enough bread mix to make a soft dough, using reserving mix to lightly flour a surface for kneading. Turn dough onto surface and knead until smooth; about 5 minutes.
4. Coat a large, clean mixing bowl with vegetable shortening. Place dough in bowl. Cover with a damp cloth and let rise until double (1 to 1-1/2 hrs.).
5. Punch down and turn dough onto lightly floured surface. Form dough into a loaf and place into greased 8-1/2 x 4-1/2 x 2-1/2 inch bread pan. Cover with a damp cloth. Allow to rise in a warm place until dough rises just above top of the pan (30 min. to 1 hour).
6. Bake in preheated 350°F oven until golden brown (30 to 35 minutes).

*Light and whipped margarines do not work well

** If the dough appears dry to handle, add additional water one teaspoon at a time

DINNER ROLLS

Use the dough cycle on your automatic bread machine or follow directions thru step 4.

Now turn dough onto floured surface and divide into 12 equal mounds. Shape each mound into a round ball. Lightly coat a baking sheet with vegetable shortening and place rolls apart to allow for rising about 30 minutes. Bake in a preheated oven at 400°F for 12-15 minutes or until golden brown.

Yield: 12 rolls



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USE BY:

COLORTEK 14-1434 9 Grain Bread Mix 16oz I251M 7/11/2014

