

15.094"

11.5"

RICH IN ♥ WHOLE GRAIN

to help reduce the risk of heart disease and certain cancers.

The Food and Drug Administration agrees that "diets rich in whole-grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and some cancers!"

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

www.HodgsonMill.com

Visit our website or call us for our **FREE CATALOG & RECIPES!**
(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 Grain

Ⓢ Parve



Bake At Home

All Natural

Low Fat

BREAD MACHINE or OVEN BAKED

HONEY WHOLE WHEAT BREAD MIX



with
WHOLE GRAIN
STONE GROUND
GOODNESS!

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
Calories 120 Calories from Fat 5

	% Daily Value*
Total Fat .5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 6g	

Vitamin A 0%	Vitamin C 6%
Calcium 0%	Iron 6%
Thiamine 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:

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

INGREDIENTS:

UNBLEACHED AND ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN, RIBOFLAVIN, FOLIC ACID), STONE GROUND WHOLE GRAIN HARD SPRING WHEAT FLOUR, STONE GROUND WHOLE GRAIN WHITE WHEAT FLOUR, DRIED HONEY, VITAL WHEAT GLUTEN, 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 + 2 Tbsp.**	7/8 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 Honey Whole Wheat Bread Mix is formulated especially for 1½ 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

- 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.
- In another large mixing bowl, mix dry yeast and 1 cup + 2 Tbsp.** warm water. Let stand 5 minutes.
- Gradually stir in enough bread mix to make a soft dough, using reserved mix to lightly flour a surface for kneading. Turn dough onto surface and knead until smooth; about 5 minutes.
- 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 1½ hrs.).
- Punch down and turn dough onto lightly floured surface. Form dough into a loaf and place into greased 8½ x 4½ x 2½ inch bread pan. Cover with a damp cloth. Allow to rise in a warm place until dough rises just above the top of the pan (30 min. to 1 hour).
- Bake in preheated 350°F oven until golden brown (30-35 minutes).

* Light and whipped margarines do not work well

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

WHOLE WHEAT BREAD STICKS

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

Now turn dough onto a floured surface and roll into a rectangle 8 x 12-inches about ½ inch thick. Using a pizza cutter or knife cut 12 strips; 1-inch wide and 8-inches long. Lightly coat a baking sheet with vegetable shortening. Carefully pick-up dough strips and place them apart on the baking sheet. Dough strips can be twisted if desired. Allow to rise 30 minutes. Bake in a preheated oven 400°F 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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USE BY:

COLORTEK 14-1522 Honey Whole Wheat Bread Mix 16oz I242J 7/22/2014

