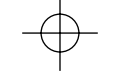


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WHOLE WHEAT Insta-Bake

Variety Baking Mix *with* Buttermilk

I203K

COOKBOOK OFFER

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Insta-Bake Recipes
Hodgson Mill, Inc.
1100 Stevens Ave. Effingham IL 62401

I203K

**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!"



Whole Grain
No Trans Fat
*All Natural -
Stone Ground*



Nutrition Facts	
Serving Size 1/3 cup dry (40g)	
Servings Per Container about 23	
Amount Per Serving	
Calories 130	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 270mg	11%
Total Carbohydrate 29g	10%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 6%
Thiamine 8%	Riboflavin 2%
Niacin 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.	
Total Fat	Less than 65g
Sat Fat	Less than 20g
Cholesterol	Less than 300mg
Sodium	Less than 2400mg
Total Carbohydrate	300g
Dietary Fiber	25g

INGREDIENTS: WHOLE WHEAT FLOUR; UNBLEACHED AND UNENRICHED WHEAT FLOUR; LEAVENING (GDL); WHEAT-STARCH; BUTTERMILK SOLIDS; SWEET WHEY; LEAVENING (BAKING SODA); SALT.

Produced in a peanut/tree nut free environment.



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

Insta-Bake

WHOLE WHEAT
Variety Baking Mix
with Buttermilk

*Recipes
on Back!*



NET WT 32 oz. 907 g

OUR GUARANTEE
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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 grocery store.

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WHOLE GRAIN ♦ GOOD FOOD™



Have a Grain Day!

Pancakes

- 2 cups Hodgson Mill Insta-Bake Baking Mix
- 1-1/4 cups Milk
- 2 Eggs
- 2 Tbsp. Vegetable Oil
- 2 Tbsp. Sugar (optional)

Combine all ingredients in a mixing bowl until smooth. Pour 1/4 cup batter onto medium hot griddle or non-stick frying pan. Cook until dry around the edges and bubbles begin to break on surface. Turn; cook until golden brown. Yield 10-12 pancakes. For thinner pancakes: add milk to batter until desired consistency is reached.

Waffles

- 2 cups Hodgson Mill Insta-Bake Baking Mix
- 1-1/3 cups Milk
- 2 Eggs, slightly beaten
- 1/4 cup Vegetable Oil

Heat waffle iron according to manufacturers directions. Combine all ingredients in a bowl; mix well. Pour batter onto center of hot waffle iron (approx. 1/3 cup for small waffle iron). Bake until steam stops and waffle is golden brown. Remove waffle. Serve hot with butter and syrup if desired. Yield 10 four-inch waffles

Chocolate Brownies

- 1 cup Hodgson Mill Insta-Bake Baking Mix
- 2 Eggs, beaten
- 1/3 cup Cocoa
- 1 tsp. Vanilla
- 1 cup Sugar
- 3 Tbsp. Milk
- 1 Tbsp. Butter
- 1/2 cup chopped Nuts

Preheat oven to 350°F. Lightly grease an 8x8x2-inch pan. Combine dry ingredients and then cut in butter until crumbly. Add the remaining ingredients and mix well. Spread into prepared pan and bake for 23-28 minutes. Yield: 16 two-inch brownies.

Streusel Coffee Cake

- 2 cups Hodgson Mill Insta-Bake Baking Mix
- 2/3 cup Hodgson Mill Insta-Bake Baking Mix
- 2 Tbsp. Sugar
- 2/3 cup packed Brown Sugar
- 2 Tbsp. Butter
- 2 tsp. Cinnamon
- 1 Egg
- 1/4 cup firm Butter
- 2/3 cup Milk

Preheat oven to 375°F. Grease 9x1-1/2-inch round cake pan. Combine the first two ingredients in a bowl and cut in butter until crumbly. Add remaining ingredients, except topping, and beat for 20 strokes. Spread in prepared pan; sprinkle with Streusel topping (directions below). Bake 25-30 minutes, or until wooden pick comes out clean. Yield: 1 coffee cake.

Streusel Topping: Combine and mix all Streusel ingredients with a fork. Sprinkle on top of batter. **Sour Cream Coffee Cake:** Reduce milk to 1/2 cup, and add 3/4 cup sour cream to the basic Streusel Coffee Cake recipe.

Pie Shell

- 1 cup Hodgson Mill Insta-Bake Baking Mix • 1/3 cup Firm Butter • 1/4 cup Cold Water

Preheat oven to 450°F. Combine Insta-Bake Mix with firm butter until crumbly. Gradually add water mixing just until dough holds together. Turn onto floured surface and knead 5 times. Roll dough out thin until 2 inches larger than a 9-inch pie plate. Place dough in pie plate and flute edges if desired. Prick dough numerous times with a fork. Bake until light brown, about 8-10 minutes; cool.

Oatmeal-Raisin Cookies

- 1 cup packed Brown Sugar
- 2 Tbsp. Milk
- 3/4 cup Butter
- 2 cups Hodgson Mill Insta-Bake Baking Mix
- 1/2 tsp. Vanilla
- 1-1/2 cups quick cooking Oats
- 2 Eggs
- 1-1/4 cups Raisins

Preheat oven to 350°F. Mix brown sugar, butter, vanilla, eggs and milk in a bowl. Stir in remaining ingredients. Drop dough by rounded teaspoonfuls about 2 inches apart onto ungreased cookie sheet. Bake until light brown, about 10-12 minutes. Yield: 4 dozen cookies.

Peanut Butter Cookies

- 2 cups Hodgson Mill Insta-Bake Baking Mix
- 3/4 cup Peanut Butter
- 2/3 cup Sugar
- 1 Egg
- 1/2 tsp. Vanilla
- 1/2 cup Butter
- 3 Tbsp. Water

Preheat oven to 375°F. Combine Insta-Bake Mix, sugar, butter and peanut butter in a bowl. Mix well. In a separate bowl, mix egg, vanilla and water; add to peanut butter mixture. Stir thoroughly. Shape a teaspoon of dough into 1-inch balls. Place 2 inches apart on ungreased cookie sheet. Flatten by criss-crossing with the tines of a fork. Bake 10-12 minutes. Remove from baking sheet and cool on a wire rack. Yield: 3-1/2 dozen cookies.

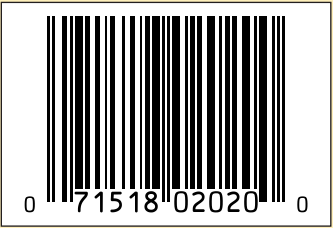
Whole Wheat Biscuits

- 2 cups Hodgson Mill Insta-Bake Baking Mix
- 2 Tbsp. Butter
- 2/3 cup Milk

Heat oven to 425°F. In medium bowl, combine Insta-Bake Mix and butter until crumbly; add milk and stir to make a soft dough. Mix until dough pulls away from the bowl. Form dough into ball. Turn dough onto floured surface and knead 4 or 5 times. Roll dough out to 1/2-inch thickness. Cut with 2-inch biscuit cutter. Bake on ungreased baking sheet 10-12 minutes or until golden brown. Yield: 12-14 biscuits.

For Drop Biscuits: Prepare dough as above, but do not knead. Drop by spoonful onto greased baking sheet (additional milk may be needed). Bake as above. **For Cheese Biscuits:** Add 1/2 cup grated cheddar cheese to basic biscuit mix. Bake as above.

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