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BREAD MACHINE or OVEN BAKED

BARLEY

BREAD MIX

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1297E

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

Amount Per Serving (dry)	% Daily Value*
Calories 120	Calories from Fat 10
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	8%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 5g	
Vitamin A 0%	Vitamin C 8%
Calcium 2%	Iron 6%

*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		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS:
UNBLEACHED AND ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE, RIBOFLAVIN, FOLIC ACID), BARLEY FLOUR, MILLED FLAXSEED, EVAPORATED CANE JUICE, VITAL WHEAT GLUTEN, BARLEY FLAKES, MOLASSES, SALT, VITAMIN C

Packet of **FAST•RISE®** YEAST

Produced in a peanut/tree nut free environment.

100% Recycled Paperboard
*95% SOY INK

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

with MILLED FLAX SEED!

Yeast Packet Included

NET WT 16 oz. 454 g

400mg Omega-3 Oils per serving!

USE BY:

0 71518 00812 3

HODGSON MILL
BREAD MACHINE or OVEN BAKED
BARLEY
BREAD MIX

DID YOU KNOW?
Our Barley Bread Mix combines the unique nutty flavor of Barley and Milled Flax Seed. Flax Seed is one of the plant kingdom's richest source of Omega-3 Oils.

Do you eat whole Flax Seed? If so, you may not get its entire nutritious Omega-3 Oil benefits. Our specially Milled Flax Seed is broken down for you, giving your body the opportunity to fully absorb its heart healthy Omega-3 Oils... 400 mg per serving!

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.

www.HodgsonMill.com
Visit our website or call us for our **FREE CATALOG & RECIPES!** (800)525.0177

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

Manufactured by: Hodgson Mill, Inc.

HODGSON MILL® Have a Grain Day!™

AUTOMATIC BREAD MACHINE

Ingredients	1-1/2 lb. Machine	1 lb. Machine
Water (warm)	1 cup + 1 Tbsp.**	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 Barley 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 basic white bread setting on your machine.

BRAIDING INSTRUCTIONS Complete steps 1 thru 4 of the Oven Baked Bread Directions. Punch down and turn dough onto lightly floured surface and divide into three equal pieces about 1/2 pound each. Shape each piece into a rope 14 –16 inches long. Arrange the ropes side by side and slightly apart on a lightly greased baking sheet. Pinch the rope pieces together at one end. Starting where the dough is pinched together, lift the left outside rope over the center rope then the right outside rope over the center rope alternating from each side until the loaf is braided being careful not to stretch the dough. Pinch the ends together and tuck under the loaf. Allow the dough to rise in a warm place 30 min. to 1 hour. Bake in 350°F oven until golden (30-35 minutes). Brush with melted butter or olive oil after baking if desired.

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 plus 1 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 a bowl. Cover with a damp cloth and let rise until double (1 to 1-1/2 hrs).
- 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 is just above top of the pan (30 min to 1 hour).
- 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

