Good Source of Fiber

Cholesterol Free

No Trans Fat

Whole Grain, Stone Ground

12161

FOR HEART HEALTHY **VARIATIONS** OF HODGSON MILL BRAN MUFFIN MIX, add 1/2 cup of your

favorite nuts, raisins, dates, apples, cranberries, blueberries or 1/4 cup Hodgson Mill Milled Flax Seed.



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

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 local store.

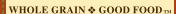


HEART HEALTHY

RECIPES ON BACK!

USE BY:

SEE OUR



Nutrition Facts Serving Size: 1/4 cup dry (36g)

Servings Per Container: about 6

| Amount Per Serving | |
|-----------------------|----------------|
| Calories 130 Calories | From Fat 5 |
| | % Daily Value* |
| Total Fat 1g | 2% |
| Saturated Fat 0g | 0% |

Saturated Fat 0g Trans Fat 0g Cholesterol 0mg

Sodium 200mg Total Carbohydrate 28g Dietary Fiber 3g

Sugars 7g

8%

9%

Protein 4g Vitamin A 0% Vitamin C 0% Calcium 2% Iron

*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 2400m 2400mg 300g 25g Total Carbohydrate Dietary Fiber

INGREDIENTS: WHOLE GRAIN STONE-GROUND WHOLE WHEAT FLOUR, UNBLEACHED AND UNENRICHED WHITE FLOUR, BROWN SUGAR, WHEAT BRAN, MOLASSES (SOY LECITHIN), LEAVENING (GDL, BAKING SODA), WHEAT STARCH, SALT.

> Produced in a peanut/tree nut free environment.



This package sold by weight, not by volume.

MANUFACTURED BY HODGSON MILL, INC.



Grain Day!





1 box (7 oz.) **Hodgson Mill Bran Muffin Mix**

1 Tbsp. butter or vegetable oil 1/2 cup 2% milk

1 egg

Preheat oven to 400°F. Line 6 muffin cups with paper liners or grease muffin cups. Place contents of package into mixing bowl; cut in butter or vegetable oil. Add milk and egg. Mix well until moist. Let sit in bowl for 10 minutes. Spoon batter into paper liners or greased muffin cups. Optional: Add 1/2 cup raisins, chopped apples, shredded carrots or zucchini. Bake 15 minutes. Yield: 6-7 muffins.

BANANA BRAN BREAD

1 box (7 oz.) **Hodgson Mill Bran Muffin Mix**

1 Tbsp. butter or vegetable oil 1/2 cup 2% milk

1/4 tsp. cinnamon

1 mashed banana

1/4 cup chopped nuts

Preheat oven to 375°F. Grease two mini loaf pans. Place contents of package into mixing bowl; cut in butter or vegetable oil. Add remaining ingredients and mix well. Pour batter into loaf pans. Bake 20 minutes. Yield: 2 mini loaves.

WHOLE GRAIN & GOOD FOOD TIME

For More Recipe Ideas Visit www.HodgsonMill.com





1675

Logo Brown

NET WT. 7 OZ. (198g)



















