Hodgson Mill
Sample 9809
Die #9655

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BRAN MUFFIN MIX

I216I

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.

Whole Grain, Stone Ground

Good Source of Fiber
Cholesterol Free
No Trans Fat
Low Fat

PREMIUM QUALITY Since 1882 HODGSON WATER MILL

HODGSON MILL®

BRAN MUFFIN MIX

SEE OUR HEART HEALTHY RECIPES ON BACK!

Sealed Inner Pouch

NON GMO Project VERIFIED nongmoproject.org

Parve

NET WT. 7 OZ. (198g)

WHOLE GRAIN ❖ GOOD FOOD™

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%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	8%
Total Carbohydrate 28g	9%
Dietary Fiber 3g	12%
Sugars 7g	
Protein 4g	

Vitamin A	0%	Vitamin C	0%
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			300g	375g
Dietary Fiber			25g	30g

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.

CARTON MADE WITH 100% Recycled Paperboard™ MINIMUM 35% POST CONSUMER CONTENT

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

MANUFACTURED BY HODGSON MILL, INC.

HODGSON MILL®

Have a Grain Day!™

BRAN MUFFIN MIX

BASIC BRAN MUFFINS

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 egg
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™

For More Recipe Ideas Visit **www.HodgsonMill.com**

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HODGSON MILL®

USE BY:

COLORTEK **14-1094 Bran Muffin Mix 7oz I216I 5/23/2014**

Cyan	Magenta	Yellow	HM Logo Blue	1675	HM Logo Brown	Black
75 50 25 3	75 50 25 3	75 50 25 3	75 50 25 3	75 50 25 3	75 50 25 3	75 50 25 3