

11.5000

CRACKED WHEAT

ALL NATURAL

HOT CEREAL

and so much more!

15.0937



No Saturated Fat
High in Fiber
Low Fat

① Parve



Cholesterol Free
Sodium Free
Sugar Free

Sealed Inner Pouch

DID YOU KNOW?

Hodgson Mill Cracked Wheat Cereal is made by "cracking" the entire wheat kernel, including the wheat bran and wheat germ, into small pieces. Besides making a very nutritious hot cereal, it is often combined with either white or whole wheat flour to make those old-fashioned baked products and yeast raised recipes.

Hodgson Mill Cracked Wheat Cereal has a chewy texture with the full wheat flavor. The whole grain provides an excellent source of natural cereal fiber.

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CRACKED WHEAT HOT CEREAL

Servings	Water or Milk*	Cracked Wheat Cereal	Salt (optional)
1	3/4 cup	1/4 cup	1/8 tsp
2	1-1/2 cups	1/2 cup	1/4 tsp
4	3 cups	1 cup	1/2 tsp

RANGE TOP DIRECTIONS
1. Bring water or milk to a boil in saucepan
2. Slowly stir in Cracked Wheat cereal
3. Simmer uncovered 7-10 minutes
4. Serve with milk and sugar as desired
** For thicker cereal, use less water or milk;
For thinner cereal, use more water or milk.*

MICROWAVE DIRECTIONS (for single servings only)
1. Place water or milk, cereal, and salt in a bowl
2. Microwave for 2 minutes
3. Stir and microwave for an additional 2 minutes
4. Stir briskly and serve

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.

CARTON MADE WITH 100% Recycled Paperboard

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

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Manufactured by: Hodgson Mill, Inc.



INGREDIENTS:
100% WHOLE WHEAT INCLUDING ALL THE WHEAT BRAN AND WHEAT GERM.

Produced in a peanut/tree nut free environment.

QUICK LOAF BREAD

1-1/2 cups Hodgson Mill Unbleached White Flour
1-1/2 cups Hodgson Mill Whole Wheat Flour
1/2 cup Hodgson Mill Cracked Wheat Cereal
1 tsp. salt
4-1/2 tsp. baking powder

1-1/2 cups milk
1/2 cup applesauce
3 Tbsp. butter
1/4 cup honey
2 eggs
1 cup dates, chopped nuts (optional)

Preheat oven to 350°F. Lightly grease a 9x5x3-inch loaf pan. Mix together all dry ingredients. Add milk, applesauce, butter, honey and eggs. Stir in dates and nuts. Pour into loaf pan. Bake 1 hour, 5 minutes.

WHEAT 'N CORN BREAD

1 cup Hodgson Mill Cracked Wheat Cereal
1 cup Hodgson Mill Yellow Corn Meal
1/2 cup Hodgson Mill Unbleached White Flour

4 tsp. baking powder
1/2 tsp. salt
1 cup milk
1/4 cup cooking oil
1/4 cup honey
2 eggs or 4 egg whites, beaten

Preheat oven to 425°F. Grease a 9-inch square pan. Combine Cracked Wheat cereal and corn meal in a large bowl. Spoon flour into measuring cup and level off. Add flour, baking powder and salt to Cracked Wheat mixture. Stir well to blend. Add remaining ingredients. Beat about 30 seconds, until well-mixed. Pour batter into baking pan. Bake 20 to 25 minutes. Serve warm. Yield: 9-12 servings.

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

RAISIN & WHEAT MUFFINS

3/4 cup water
1/4 cup Hodgson Mill Cracked Wheat Cereal
2/3 cup raisins
1-1/2 cup Hodgson Mill Unbleached White Flour
3/4 cup Hodgson Mill Whole Wheat Flour
1/2 cup sugar

1 Tbsp. baking powder
3/4 tsp. salt
2 eggs
1/2 cup milk
1/4 cup vegetable oil

Preheat oven to 350°F. Grease 12 muffin cups or use paper liners. In a small saucepan over medium heat bring water and Cracked Wheat Cereal to a boil. Reduce heat and simmer covered 7 minutes, stirring occasionally. Remove from heat and stir in raisins and let them soften in the cereal 3 minutes. In a large bowl, blend together flours, sugar, baking powder, salt; set aside. In a small bowl, mix together eggs, milk, vegetable oil and cooked cereal with raisins. Stir egg mixture into dry ingredients mixing until just blended. Spoon batter into prepared pan. Bake at 350°F for 25 minutes or until a toothpick inserted comes out clean. Remove muffins from pan and cool on wire rack. Yields: 12 muffins.

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