1209H

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.

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. Hodgs on Mill. com

Visit our website or call us for o FREE CATALOG & RECIPES! (800) 525.0177 Manufactured by: Hodgson Mill, Inc.





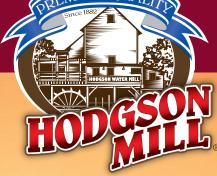


No Saturated Fat

High in Fiber

Low Fat

Parve



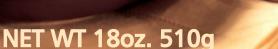
Cholesterol Free Sodium Free Sugar Free



HOT CEREAL

A VARIETY OF RECIPES ON BACK

NON GMO Project VERIFIED







Amount Per Serving			
Calories 110 Calories	from Fat 10		
Total Fat 1g	% Daily Value* 2%		
Saturated Fat 0g	0%		

Saturated Fat 0g	0%
Trans Fat 0g	•
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 25g	8%
Dietary Fiber 5g	20%

Sugars ug
Protein 5g

ı		
ı	Vitamin A 0%	Vitamin C 0%
ı	Calcium 0%	Iron 8%
ı	Thiamine 10%	Riboflavin 2%
ı	Niacin 8%	

Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on you

caloric needs:				
	Calories:	2,000	2,500	
Total Fat Sat Fat Cholesterol Sodium Total Carbo Dietary Fil	Less than hydrate	65g 20 g 300mg 2400mg 300g 25g	80g 25g 300mg 2400mg 375g 30g	

Produced in a peanut/tree

OUR GUARANTEE

Hodgson Mill, Inc. is dedicated to satisfyin 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



CRACKED WHEAT HOT CEREAL

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

RANGE TOP DIRECTIONS

- Bring water or milk to a boil in saucepan
 Slowly stir in Cracked Wheat cereal
 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

OUICK LOAF BREAD

- -1/2 cups **Hodgson Mill Whole Wheat Flour**
- tsp. salt

3/4 cup water

reheat 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.

MICROWAVE DIRECTIONS

- (for single servings only)

 I. 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

2 eggs

1/4 cup honey

- -1/2 cups Hodgson Mill Unbleached White Flour 1-1/2 cups milk 1/2 cup applesauce 3 Tbsp. butter
- 1/2 cup **Hodgson Mill Cracked Wheat Cereal**
- (optional) 4-1/2 tsp. baking powder

¬WHEAT 'N CORN BREAD ~

1/4 cup cooking oil

2 eggs or 4 egg whites, beaten

1/4 cup honey

- cup Hodgson Mill Cracked Wheat Cereal 4 tsp. baking powder 1/2 tsp. salt cup Hodgson Mill Yellow Corn Meal 1 cup milk
- 1/2 cup Hodgson Mill Unbleached White Flour
- Preheat oven to 425°F. Grease

Preneat 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.

RAISIN & WHEAT MUFFINS

1/2 cup milk

1 Tbsp. baking powder 1/4 cup Hodgson Mill Cracked Wheat Cereal 2/3 cup raisins 3/4 tsp. salt 2 eggs

1-1/2 cup Hodgson Mill Unbleached White Flour 3/4 cup Hodgson Mill Whole Wheat Flour

1/2 cup sugar

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.







COLORTEK 14-1048 Cracked Wheat Hot Cereal 18oz I209H 5/19/2014





















