

WHOLE GRAIN ♦ GOOD FOOD™

WHOLE WHEAT BUTTERMILK PANCAKE MIX

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RICH IN WHOLE GRAIN

to help reduce the risk of heart disease and certain cancers.

The Food and Drug Administration agrees that "diets rich in whole-grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and some cancers!"

NUTRITION & FLAVOR Naturally!

Hodgson Mill has been producing fine foods from grain for over 100 years. Our pancake mixes are whole grain, stone ground, without artificial preservatives or synthetic additives... they're better that way. Hodgson Mill believes in quality. We promise you a wholesome, delicious and satisfying product.

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 grocery store.

www.HodgsonMill.com

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

Whole Grain
No Trans Fat



Good Source of Fiber
Cholesterol Free

WHOLE WHEAT BUTTERMILK PANCAKE MIX



ALL NATURAL
STONE GROUND



Sealed Inner Pouch

NET WT 32 oz. 907 g

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Nutrition Facts

Serving Size 1/3 cup dry (40g)
Servings Per Container about 23

Amount Per Serving	
Calories 130 Calories from Fat 10	
	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 321mg	13%
Total Carbohydrate 28g	9%
Dietary Fiber 4g	16%
Sugars 2g	
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 WHEAT FLOUR; WHOLE GRAIN YELLOW CORN MEAL; BUTTERMILK SOLIDS; DEXTROSE; LEAVENING (MONOCALCIUM PHOSPHATE, BAKING SODA); SALT.

Produced in a peanut/tree nut free environment.

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

WHOLE GRAIN ♦ GOOD FOOD™

MADE WITH



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

\$3.00

CASH REBATE MAIL-IN CERTIFICATE

\$3.00

SAVE \$3.00 on Hodgson Mill®, Don's Chuck Wagon®, or Kentucky Kernel® Products.

RECEIVE A \$3.00 REBATE FOR THE PURCHASE OF ANY TEN (10) HODGSON MILL PRODUCTS (EXCEPT Active Dry Yeast & Fast Rise Yeast).

Mail UPC Bar Codes and this certificate to:

CASH, Hodgson Mill, Inc.

1100 Stevens Ave., Effingham IL 62401.

Void where taxed or prohibited.

NAME _____

ADDRESS _____

CITY _____

STATE _____

ZIP _____

PHONE() _____

THIS ORIGINAL CERTIFICATE MAY NOT BE DUPLICATED.

WHOLE GRAIN ♦ GOOD FOOD™



Have a Grain Day!

INGREDIENTS	PANCAKES			WAFFLES
	6-8	12-14*	24-28	FOUR INTO PREHEATED WAFFLE IRON. BAKE 4-5 MIN. MAKES 2 LARGE WAFFLES
PANCAKE MIX	3/4 cup	1-1/2 cups	3 cups	1-1/2 cups
MILK	1/2 cup	1 cup	2 cups	1 cup
EGG	1	1	2	1
OIL	1 Tbsp.	2 Tbsp.	4 Tbsp.	3 Tbsp.

Preheat griddle to 360°F. Place pancake mix into mixing bowl; add milk and egg, stir in vegetable oil. Mix just until blended. Let stand for 5 minutes. Cook on one side until bubbles form on the edges, then flip and cook on other side until golden brown. Serve hot. Top with your favorite syrup, honey, molasses, jams or jellies. *For thinner pancakes use more milk, for thicker pancakes use less milk.*

HELPFUL HINTS

TO KEEP WARM: Place in a single layer on an ungreased cookie sheet and cover with foil. Put in a warm oven (250°F) to keep approximately 10 minutes.

TO FREEZE: Wrap in foil or freezer bags removing as much air as possible. Freeze.

TO REHEAT IN OVEN: Preheat oven to 375°F. Place frozen pancakes in a single layer on an ungreased cookie sheet and cover tightly with foil. Bake 8 to 10 minutes.

TO REHEAT IN MICROWAVE: Remove frozen pancakes from freezer wrap. Stack 3 high on microwave-safe plate. Leave uncovered and microwave on high 1 1/4 - 1 1/2 mins. or until hot.

PANCAKE VARIATIONS

*Amounts shown below are for the 12-14 pancake recipe. Adjust for larger or smaller recipes.

Apple Pancakes: Decrease milk to 1/3 cup and stir 1 cup applesauce into batter.

Blueberry Pancakes: Fold 1/2 cup blueberries into batter.

Cheese Pancakes: Stir 1 cup shredded cheddar cheese into batter.

Ham Pancakes: Stir 1/2 cup chopped cooked ham into batter.

Nut Pancakes: Stir 1/2 cup chopped nuts into batter.

