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UNPROCESSED WHEAT BRAN (MILLERS BRAN)

**HODGSON
MILL**

I201N

WHEAT BRAN RECIPE BOOKLET

For additional recipe uses and information on Hodgson Mill Unprocessed Wheat Bran please send large (no. 10 size), self-addressed envelope and \$1.00 for postage and handling to:

Wheat Bran Recipes
HODGSON MILL, INC. 1100 Stevens Ave. Effingham, IL 62401

DID YOU KNOW?

Hodgson Mill Unprocessed Wheat Bran - in the most natural form, right off the mill - comes from the outer protective coat of the wheat kernel. It is one of the best available sources of **Insoluble Fiber**.

Wheat Bran is an easy and inexpensive way to add needed fiber, or roughage, to your family's diet. Wheat Bran's insoluble fiber is essential for helping to keep the digestive system working properly.

Low fat diets rich in fiber - containing grain products, fruits and vegetables may reduce the risk of some types of cancer, a disease associated with many factors.

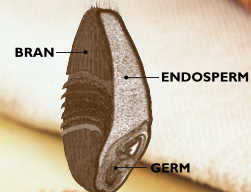
Enjoy the recipes on this package, or send for our recipe book (offer on inside flap).

Some ways to use Wheat Bran:

- Sprinkle over prepared cereals
- Use as a meat extender
- Mix in with fruit juices
- Bake into delicious recipes featured on back of box and more!

www.HodgsonMill.com

THE KERNEL OF WHEAT



Manufactured by: Hodgson Mill, Inc.

Add to CEREALS, CASSEROLES, COOKIES, BREADS, YOGURT & MORE!
See recipes on back of box!



ALL NATURAL

UNPROCESSED WHEAT BRAN (MILLERS BRAN)

High in Fiber

Good Source of
Niacin & Iron

Fat Free

Sugar Free

Cholesterol Free

Sodium Free

A HEART HEALTHY ADDITION
TO BREADS, MUFFINS, CEREALS,
COOKIES & MUCH MORE!



Parve
Sealed inner pouch
Reclosable top

NET WT 14 oz. 396 g

Nutrition Facts

Serving Size 1/4 cup dry (15g)

Servings Per Container 26

Amount Per Serving (dry)

Calories 30 Calories from Fat 0

Total Fat 0g % Daily Value* 0%

Saturated Fat 0g 0%

Trans Fat 0mg

Sodium 0mg 0%

Total Carbohydrate 10g 3%

Dietary Fiber 7g 27%

Sugars 0g

Protein 2g 4%

Potassium 185mg

Vitamin A 0% Vitamin C 0%

Calcium 0% Iron 10%

Thiamine 8% Niacin 15%

Riboflavin 4%

*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	20 g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS:
UNPROCESSED WHEAT BRAN
Produced in a peanut-free
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

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 supermarket.



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

**HODGSON
MILL** Have a
Grain Day!™

OVEN-READY BRAN MUFFINS

Mix batter according to directions. Store in refrigerator. Bake muffins at your convenience.

3 cups Hodgson Mill Unprocessed Wheat Bran	2-1/2 cups Hodgson Mill Unbleached White Flour
1 cup boiling water	2 tsp. baking soda
1 cup brown sugar	1 tsp. salt
1/2 cup butter	2 eggs, beaten
	2 cups buttermilk

Mix 1 cup wheat bran with 1 cup boiling water; stir and let water absorb into bran. In a separate bowl blend sugar and butter. Measure and combine flour, baking soda and salt. Combine the moist bran with beaten eggs, the remaining 2 cups of bran, buttermilk, blended sugar-butter mixture, and flour, soda and salt mixture. Stir until well blended.

Place in the refrigerator for future use, or bake at once. When preparing to bake, preheat oven to 400° F. Stir batter well and spoon into prepared muffin tins. Bake 15 minutes. Keep remaining mixture in airtight container for 2 to 4 weeks. Yield: 2 dozen.

SPICED BRAN COOKIE

1 cup sifted Hodgson Mill Unbleached White Flour	2 cups Hodgson Mill Unprocessed Wheat Bran
1/2 tsp. baking soda	2 eggs, well beaten
1 tsp. ginger	1/2 cup molasses
1 tsp. cinnamon	1/2 cup milk
1/2 tsp. cloves	1/2 cup butter, melted
1/4 cup sugar	

Preheat oven to 400° F, grease baking sheet, sift flour once; measure, add baking soda, spices, sugar and sift again. Add wheat bran and mix well. Combine eggs, molasses, milk and butter; add to wheat bran mixture. Beat well. Drop by teaspoonfuls onto baking sheet 2 inches apart. Bake for 8-10 minutes. Yield: 36 cookies.

MEAT LOAF

1-1/2 lbs. ground beef (or 1 lb. beef and 1/4 lb. each pork and veal)	1/2 cup onion, chopped
1-1/2 cups milk	2 cloves garlic, minced or 1/2 tsp. garlic powder
3/4 cup Hodgson Mill Unprocessed Wheat Bran	1/2 tsp. sage
1 egg	1/2 tsp. salt
1 Tbsp. Worcestershire Sauce	1/4 tsp. pepper
1/2 cup bread crumbs	1 Tbsp. dry mustard
	1/3 cup ketchup

Mix all ingredients except mustard and ketchup. Place in 9x5x3 inch loaf pan. Shape into loaf. Mix mustard and ketchup; spread evenly on top of loaf. Bake in 350° F oven 1-1/4 to 1-1/2 hrs. Makes 6 servings.

See inside flap for additional
WHEAT BRAN RECIPES offer!

BRAN DINNER ROLLS

1 pkg. Hodgson Mill Active Dry Yeast	1/2 cups Hodgson Mill Unprocessed Wheat Bran
1/2 cup warm water (110-115° F)	3/4 tsp. salt
1/2 cup boiling water	1 egg
1/2 cup butter	3 cups sifted Hodgson Mill Unbleached White Flour
1/3 cup sugar	

Add yeast to 1/2 cup warm water; stir to dissolve and let stand for 5 minutes. In a large bowl, pour boiling water over butter; stir in sugar, wheat bran and salt. Cool to lukewarm. Beat egg and add to the wheat bran mixture. Stir in dissolved yeast and mix well. Stir in flour, 1/2 cup at a time, mixing well. Turn onto lightly floured surface and knead until smooth, about 5 minutes by hand. Place dough in a greased bowl and cover with a damp cloth. Allow dough to rise in a warm place until doubled, about 1-1/2 hours.

Punch down. Divide into 24 equal portions for small rolls, 18 portions for medium rolls or 12 portions for large rolls. Let rest for 10 minutes.

Preheat oven to 375° F. Lightly grease muffin cups, baking sheet or oblong baking pan. Shape dough as desired. Bake until golden brown, 12-15 minutes, depending on the size. Rolls can be frozen after completely cooking.

CINNAMON RAISIN-BRAN BREAD

1-1/2 cups Hodgson Mill Unbleached White Flour	1-1/2 cups Hodgson Mill Unprocessed Wheat Bran
1/2 cup sugar	1-1/2 cups seedless raisins
1 tsp. Clabber Girl baking powder	1/4 cup softened butter
1 tsp. baking soda	1-1/2 cups hot water
1 tsp. salt	1 egg or 2 egg whites
1 tsp. cinnamon	1 tsp. vanilla
	3/4 cup chopped nuts

Preheat oven to 375° F. Stir together flour, sugar, baking powder, soda, salt and cinnamon. Combine in a separate bowl, wheat bran, raisins, butter and hot water. Mix until the butter melts.

Add egg and vanilla. Beat well. Add the mixed dry ingredients and nuts; stir until all ingredients are moistened. Spread batter in an oiled 9x5x3 loaf pan and bake for 60 minutes. Cool before slicing. Yield: 1 loaf

CHEWY GRANOLA BARS

1 cup brown sugar	1-1/4 cups Hodgson Mill Oat Bran
2/3 cup peanut butter, crunchy	1-1/4 cups Hodgson Mill Unprocessed Wheat Bran
1/2 cup corn syrup	2 Tbsps. sesame seeds
1/3 cup butter, melted	1/2 tsp. salt
1-1/2 tsp. vanilla	
1-1/4 cups oatmeal	

Preheat oven to 350° F. Lightly grease 9x13 inch pan. In a large bowl, combine brown sugar, peanut butter, corn syrup, butter and vanilla; blend well. Stir in oatmeal, oat bran, wheat bran, sesame seeds and salt. Press mixture evenly in prepared pan. Bake 15-20 minutes or until light brown. Cool completely before cutting into bars. Yield: 24 bars.



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USE BY:

COLORTEK 14-1047 Wheat Bran 14oz I201N 5/16/2014

