

Hodgson Mill #8400 Print Side

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WITH MILLED FLAXSEED

APPLE CINNAMON MUFFIN MIX

GLUTEN FREE



Our premium quality Gluten Free Apple Cinnamon Muffin Mix begins with all natural, gluten free ingredients that are both additive and preservative free. This product is produced in a gluten free environment and batch tested using an ELISA Gluten Assay test to ensure that a quality product is delivered to you, our most valued customer. At Hodgson Mill, "We do something special for all our customers".

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

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

NON GMO Project VERIFIED nongmoproject.org



PREMIUM QUALITY
Since 1882

HODGSON MILL

CHOLESTEROL FREE
NO TRANS FAT
WHOLE GRAIN
WHEAT FREE

WITH MILLED FLAXSEED

APPLE CINNAMON MUFFIN MIX

GLUTEN FREE

MADE WITH REAL APPLES



450 mg Omega-3 Oils per serving!

Made in the USA

NET WT 7.6 oz. (216g)

Sealed Inner Pouch

Celiac Support Association
Certified Product
Promoting a Gluten-Free World

I327G



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Nutrition Facts
Serving Size 1/4 cup dry (36g)
Servings Per Container 6

Amount Per Serving (Dry)	% Daily Value*
Calories 120 Calories from Fat 10	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 28g	9%
Dietary Fiber 2g	6%
Soluble Fiber 0g	
Insoluble Fiber 2g	
Sugars 5g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%

*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

Gluten Free Ingredients:
Whole Grain Brown Rice Flour, Dried Apples, Whole Grain Sorghum Flour, Tapioca Flour, Whole Grain Millet Flour, Milled Flax Seed, Baking Powder, Cinnamon, Xanthan Gum, Flake Salt, Baking Soda

Produced in a peanut/tree nut free environment.

100% Recycled Paperboard



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USE BY:



0 71518 00710 2





Have a Grain Day!

DELICIOUS APPLE CINNAMON MUFFINS WITH MILLED FLAXSEED

1 Box (7.6 oz.) Hodgson Mill Apple Cinnamon Muffin Mix ¼ cup vegetable oil
¼ cup sugar (sweeten to taste) ½ cup 2% milk
1 egg

Preheat oven to 375°F. Line 7-8 muffin cups with paper liners or grease muffin cups. Place contents of package and sugar into mixing bowl; blend in oil, milk and egg. Mix well until moist. Spoon batter into muffin cups. Bake 14-15 minutes. Serve warm. Yield: 7-8 muffins

OH SO GOOD! ~ APPLE CINNAMON PANCAKES WITH MILLED FLAXSEED

1 Box (7.6 oz.) Hodgson Mill Apple Cinnamon Muffin Mix
2-4 Tbsp. sugar (sweeten to taste)
1 Tbsp. vegetable oil
1 cup milk*
1 large egg



Combine Muffin Mix, sugar and oil until blended. Add milk and egg and stir until a smooth batter forms. Preheat griddle to 360°F. Pour pancake mixture onto griddle. Cook until small bubbles form on the edges of the pancakes. Turn pancake over and cook until golden brown. Yield: 10-12 (4-inch) pancakes

*For thinner pancakes add more milk, for thicker pancakes add less milk.

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