



I208K



## WHEAT GERM RECIPE BOOKLET

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

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

I-208K

# HODGSON MILL

### LAYERED WHEAT GERM BROWNIES

*Bottom Layer:*  
 1 cup Hodgson Mill  
 Untoasted Wheat Germ  
 1/2 cup Hodgson Mill  
 Unbleached White Flour  
 1/2 cup brown sugar,  
 firmly packed  
 6 Tbsp. butter, melted

*Chocolate Layer:*  
 1/3 cup cocoa  
 1/3 cup margarine  
 3/4 cup sugar  
 2 eggs or 1/3 cup  
 egg substitute  
 1 tsp. pure vanilla extract  
 2/3 cup Hodgson Mill  
 Untoasted Wheat Germ  
 1/2 cup Hodgson Mill  
 Unbleached White Flour  
 1/4 tsp. baking powder  
 1/4 tsp. salt

*Preheat oven to 350°F. Mix together bottom layer ingredients. Lightly pat evenly in ungreased 9-inch square pan. Set aside. To make chocolate layer, melt cocoa and butter over low heat, stirring occasionally. Beat in sugar, eggs or egg substitute and vanilla. Stir in wheat germ mixed with flour, baking powder and salt. Spread over bottom layer. Bake 25-30 minutes. Cool slightly. Spread with chocolate icing. Cut in small squares.*

### CHOCOLATE ICING

2 Tbsp. margarine 1 cup sifted powdered sugar  
 3 Tbsp. cocoa 1 tsp. pure vanilla extract

*Melt 2 Tbsp. margarine and 3 Tbsp. cocoa. Remove from heat and mix in 1 cup sifted powdered sugar, 1 tsp. vanilla and 1-1/2 Tbsp. hot water. Spread over cooled brownies.*

### CRUNCHY CASSEROLE TOPPING

1/2 cup Hodgson Mill  
 Untoasted Wheat Germ  
 2 cups rolled oats  
 1/3 cup grated  
 parmesan cheese  
 1/2 tsp. garlic  
 1/2 cup butter, melted

*Combine four dry ingredients, pour butter over and stir to coat. Spread in a 9x13 inch pan. Bake at 350°F for 15 minutes or until golden brown. After cooling, chop to fine crumb size with pastry cutter or blender. Store in tightly covered container in refrigerator or freezer. Use in place of bread crumbs or sprinkle over leafy salads. Makes 3 cups.*

### WHEAT GERM STUFFED TOMATOES

4 large tomatoes  
 1 avocado  
 1/2 cup Hodgson Mill  
 Untoasted Wheat Germ  
 2/3 cup celery, chopped  
 2-1/2 Tbsp. onion,  
 finely chopped  
 2 Tbsp. parsley, minced  
 2 Tbsp. lemon juice  
 1/2 tsp. salt  
 1/4 tsp. pepper

*Wash tomatoes; cut off the top 3/4 inch from each tomato. Scoop out seeds and pulp, leaving a 3/4 inch tomato shell. Turn upside down on a rack to drain. Peel avocado, remove seed and dice the flesh. Mix wheat germ, celery, onion, parsley, lemon juice, salt, pepper, avocado and tomato pulp. Spoon the mixture into tomato shells. If desired, sprinkle with additional wheat germ. Garnish with parsley.*

### WHEAT GERM MUFFINS

1 egg  
 1 cup milk  
 1 cup Hodgson Mill  
 Untoasted Wheat Germ  
 4 Tbsp. brown sugar or honey  
 4 tsp. baking powder  
 1 cup Hodgson Mill  
 Whole Wheat Flour  
 3/4 tsp. salt  
 2 Tbsp. oil

*Preheat oven to 400° F. Line muffin cups with paper liners or grease muffin cups. Beat egg; mix with milk. Add wheat germ. Let stand 1 minute until some moisture is absorbed. Sift in dry ingredients. Add oil; stir. Fill muffin cups about half full. Bake 15 minutes. Makes 10-12 muffins.*

# HODGSON MILL

### DID YOU KNOW?

Hodgson Mill Untoasted Wheat Germ is a delicious, nutritious and versatile diet supplement! The germ is the embryo, the source of new life in the wheat kernel. It has a mellow, nutty flavor and it's brimming with important nutrients such as **Vitamin E, Folic Acid, Magnesium and Thiamine**. Hodgson Mill gives you this bounty in a natural way - no added ingredients, nothing that diminishes the essential benefits.

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

Nature didn't toast wheat germ... neither do we! Hodgson Mill Untoasted Wheat Germ can be added to stews, chili, casseroles, gravies, vegetables, puddings, candies, stuffings, pancakes, waffles or pies. Also, sprinkle over dry or cooked cereals, sandwiches, and salads.

*A great addition for baked goods; add approx. 1 Tbsp. of wheat germ for every 2 cups of flour.*

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.HodgsonMill.com**

Visit our website or call us for our **FREE CATALOG & RECIPES!**  
 (800) 525-0177

Manufactured by: Hodgson Mill, Inc.

Try adding to  
 SALADS, JUICES,  
 YOGURT & MORE!



# UNTOASTED WHEAT GERM

ALL NATURAL

No Trans  
Fat

Good Source of  
Vitamin E

25% Protein

Low Fat

Low in Sugar

Cholesterol Free

Sodium Free

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



Nutrition Facts		
Serving Size 2 Tbsp. dry (15g)		
Servings Per Container about 23		
Amount Per Serving (dry)		
Calories 55		Calories from Fat 10
		% Daily Value*
Total Fat	1g	2%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	8g	3%
Dietary Fiber	2g	8%
Sugars	1g	
Protein	4g	
Vitamin A	0%	Vitamin C 0%
Calcium	0%	Iron 6%
Thiamine	15%	Riboflavin 4%
Niacin	4%	Vitamin E 12%
Folic Acid	10%	Magnesium 12%
*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	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g

### INGREDIENTS:

UNTOASTED WHEAT GERM  
**Refrigerate after opening.**

**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  
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CARTON MADE WITH



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

# UNTOASTED WHEAT GERM HODGSON MILL



USE BY:

