UNTOASTED



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∽ 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

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,

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

nothing that diminishes the

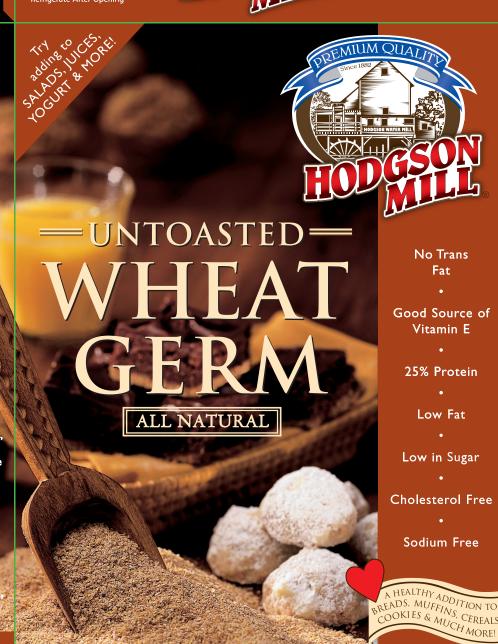
essential benefits.

approx. I Tbsp. of wheat germ

Look for the entire line of Hodgson Mill® naturally wholesome and healthful fo

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Nutrition Facts Serving Size 2 Tbsp. dry (15g) Servings Per Container about 23 Amount Per Serving (dry) Total Fat 1g Saturated Fat 0g

0% Trans Fat 0g Cholesterol 0mg 0% Sodium 0mg 0% Total Carbohydrate 8g 3% Dietary Fiber 2g 8% Sugars 1g Protein 4q

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20 g	25g
Cholesterol	Less than	300mg	300m
Sodium	Less than	2,400mg	2,400
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: UNTOASTED WHEAT GERM

Refrigerate after opening.

Produced in a peanut/tree nut

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



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



LAYERED WHEAT GERM **BROWNIES**

cup Hodgson Mill Untoasted Wheat Germ /2 cup Hodgson Mill Unbleached White Flour

1/2 cup brown sugar, firmly packed 6 Tbsp. butter, melted

1/3 cup cocoa 1/3 cup margarine

2 eggs or 1/3 cup egg substitute 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

Preheat oven to 350°F. Mix together bottom layer 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 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

1/2 cup Hodgson Mill Untoasted Wheat Germ 2/3 cup celery, chopped

2 Tbsp. parsley, minced 2 Tbsp. lemon juice 1/2 tsp. salt

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 🥟

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NON GMO Project





COLORTEK 14-0782 Untoasted Wheat Germ 12 oz I208K 4/11/2014



Logo Blue

USE BY:

Logo Brown

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