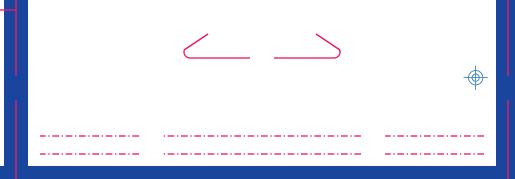


1326D





GLUTEN FREE PANCAKE & WAFFLE MIX

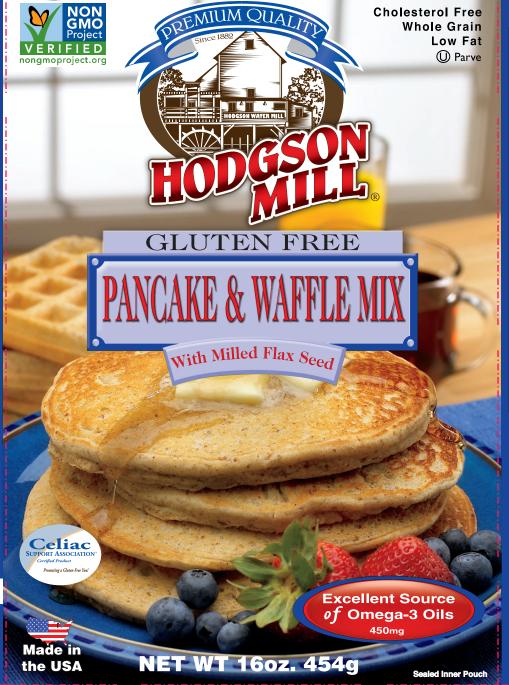


-

Waffle 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".

## www.HodgsonMill.com

Manufactured by: Hodgson Mill, Inc., I I 00 Stevens Avenue Effingham, IL 62401, (800)525.0177 This package sold by weight, not by volume. Contents may have settled during shipping.



# **GLUTEN FREE**

## **Nutrition Facts**

Serving Size: 1/3 Cup (40 g) Servings Per Container: about 11

Amount Per Serving Calories 140 Calories From Fat 20

	% Daily Value*
Total Fat 2g	3%
Saturated Fat 1g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	8%
Total Carbohydrate 30	g <b>10%</b>
Dietary Fiber 3g	12%
Soluble Fiber 1g	
Insoluble Fiber 2g	

Protein	4g

Vitamin A 0% Vitamin C 0% Iron 6% Calcium 6% ercent Daily Values are based on a 2,000 calorie diet.

Tour Daily values may be migher or lower depending on						
your calorie needs.						
	Calories:	2,000	2,500			
Total Fat	Less than	65g	800			
Sat Fat	Less than	20g	250			
Cholesterol	Less than	300mg	300mg			
Sodium	Less than	2400mg	2400mg			
Total Carbohydrate		300g	375			
Dietary Fib	er	25g				

# ALL NATURAL GLUTEN FREE

Whole Grain Sorghum Flour, Brown Rice Flour, Milled Flax Seed, GDL, Corn Starch, Sodium Bicarbonate Xanthan Gum, Flake Salt

Produced in a peanut/tree nut free environment.

## OUR GUARANTEE

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. I 100 Stevens Avenue
Effingham, IL 62401 • (800)525.0177

www.HodgsonMill.com





INGREDIENTS	PANCAKES		WAFFLES
	6-8	12-14	2 Large
GF PANCAKE & WAFFLE MIX	1 Cup	2 Cups	1 1/2 Cups
MILK	3/4 Cup	1 1/2 Cups	1 Cup
EGG	1	1	1
OIL	1 Tbsp.	2 Tbsp.	3 Tbsp.
SUGAR (sweeten to taste)	1 Tbsp.	2 Tbsp.	1-2 Tbsp.

Place Hodgson Mill® Gluten Free Pancake & Waffle Mix and sugar into bowl; add milk, egg and vegetable oil. Mix until blended.

For Pancakes: Preheat griddle to 350°F. Cook on one side until small bubbles form on the edges. Turn over and cook until golden brown.

For Waffles: Pour into preheated waffle iron. Bake 6-8 minutes.

### **BELGIAN WAFFLES**

VANILLA BELGIAN WAFFLES
Follow directions given with your waffle maker. Prepare batter according to directions above adding 1 tsp. vanilla. Yields: Three 7 inch waffles.

#### CHOCOLATE BELGIAN WAFFLES

Prepare batter according to directions above adding 1 tsp. vanilla, 1/4 cup cocoa and 2 additional tablespoons of sugar.

#### TOPPINGS

Fresh fruit with confectioner's sugar or whipped cream. Check out www.HodgsonMill.com for a Quick Fruit Sauce Recipe.

Come visit us at www.HodgsonMill.com for more recipes and healthy products.























**USE BY:** 

























