

**HODGSON
MILL®**

GLUTEN FREE
PANCAKE & WAFFLE MIX
With Milled Flax Seed



Our premium quality Gluten Free Pancake and 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., 1100 Stevens Avenue
Effingham, IL 62401, (800)525.0177
This package sold by weight, not by volume.
Contents may have settled during shipping.



Cholesterol Free
Whole Grain
Low Fat
U Parve

GLUTEN FREE
PANCAKE & WAFFLE MIX
With Milled Flax Seed



Made in
the USA

NET WT 16oz. 454g

Excellent Source
of Omega-3 Oils
450mg

Sealed Inner Pouch



USE BY:



I326D

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 30g	10%
Dietary Fiber 3g	12%
Soluble Fiber 1g	
Insoluble Fiber 2g	
Sugars 0g	
Protein 4g	

Vitamin A 0%	Vitamin C 0%
Calcium 6%	Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet.
Your Daily Values may be higher or lower depending on your calorie 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	

ALL NATURAL GLUTEN FREE INGREDIENTS:

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

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



**HODGSON
MILL®** *Have a
Grain Day!*

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.

