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Wheat Germ

WITH CINNAMON & MILLED FLAX SEED

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DID YOU KNOW?
Hodgson Mill **Wheat Germ with Cinnamon & Milled Flax Seed** is made with NutraGerm, wheat germ naturally processed to retard oxidation and optimize nutrient quality. NutraGerm retains natural nutrients, allowing you to enjoy an appealing nutty flavor while your body benefits from a healthy dose of antioxidant-rich Vitamin E.

DO YOU EAT WHOLE FLAX SEED?
If you do, you may not get its entire nutritious Omega-3 oil benefits. That's why we recommend our specially milled flax seed. We break it down for you! Unlike whole flax seed which cannot be digested, our specialty-milled flax seed allows your body the opportunity to fully absorb the benefits of the heart-healthy Omega-3 oils. One serving of our Milled Flax Seed provides you with 450 mg of Omega-3 oils!



Good Source of Vitamin E
Good Source of Fiber
Cholesterol Free
No Trans Fat
Sodium Free

Wheat Germ

WITH CINNAMON & MILLED FLAX SEED



A Healthy Addition to:

JUICES, YOGURT, CEREAL, MUFFINS, COOKIES & MUCH MORE!

www.HodgsonMill.com

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 local store.



Sealed Inner Pouch

NET WT. 11 oz. (312g)



Nutrition Facts
Serving Size: 2 Tbsp. dry (15g)
Servings Per Container: about 21

Amount Per Serving	% Daily Value*
Calories 60	Calories From Fat 20
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 7g	2%
Dietary Fiber 3g	11%
Sugars 1g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 4%
Thiamin 15%	Riboflavin 4%
Niacin 4%	Vitamin E 10%
Zinc 10%	Magnesium 15%

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

	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

INGREDIENTS: WHEAT GERM, MILLED FLAX SEED, CINNAMON
Produced in a peanut/tree nut free environment.
REFRIGERATE AFTER OPENING

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.

MANUFACTURED BY HODGSON MILL, INC.



Have a Grain Day!

Wheat Germ

WITH CINNAMON & MILLED FLAX SEED

For More Recipes Visit our Website at www.HodgsonMill.com

CRUNCHY WHEAT GERM GRANOLA

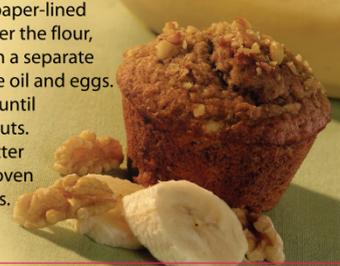
- | | |
|---|---|
| 1 cup Wheat Germ with Cinnamon & Milled Flaxseed | 1/4 cup vegetable oil |
| 3 cups rolled oats | 3/4 cup honey |
| 1 cup shredded coconut | 1 tsp. vanilla |
| 1/2 cup dry roasted sunflower kernels | 1/2 tsp. salt |
| 1 cup chopped nuts | 1 cup raisins or dried fruit, optional. |

Preheat oven to 325°F. Combine wheat germ, rolled oats, coconut, sunflower kernels, and nuts in a mixing bowl. In a separate bowl, mix oil, honey, vanilla and salt together. Pour over dry ingredients and mix completely. Pour mixture into roasting pan or edged cookie sheet and bake at 325°F for 25 – 30 minutes, stirring often; do not allow to burn. Remove from oven to cool, stirring in raisins or dried fruit while still warm. Store in tightly covered container. *Yields: 8-9 cups.*

BANANA NUT MUFFINS

- | | |
|--|--|
| 1-1/4 cups Hodgson Mill Whole Wheat or Unbleached White Flour | 1 cup mashed ripe bananas (2-3) |
| 1 cup Wheat Germ with Cinnamon & Milled Flaxseed | 1/2 cup milk |
| 1/2 cup brown sugar | 1/4 cup melted butter or vegetable oil |
| 1 Tbsp. baking powder | 2 eggs, beaten |
| 1/2 tsp. salt | 1/2 cup chopped nuts |
| | Nonstick cooking spray |

Preheat oven to 400°F. Spray 12 muffin cups or use paper-lined muffin cups. In a large bowl, combine and stir together the flour, wheat germ, brown sugar, baking powder and salt. In a separate bowl, mix together bananas, milk, butter or vegetable oil and eggs. Add banana mixture to dry ingredients and stir only until ingredients are moistened. Gently fold in chopped nuts. Spoon batter into prepared muffin cups, dividing batter evenly. The muffin cups will be full. Bake in a 400°F oven for 20 – 22 minutes. Serve warm or cool on wire racks. *Yields: 12 muffins.*



USE BY:

