

Hodgson Mill #3039 Print Side

15.094"

11.5"

REAL COLD-MILLED FLAX SEED STAYS FRESHER LONGER!

Our Organic Golden Flax Seed is unique because unlike the conventional milling process, ours is "Real Cold-Milled." This helps preserve our Organic Golden Flax Seed from damaging high temperatures, and unlike conventional milling, Real Cold Milling doesn't grind or crush out the nutritious oils. **Standard-milled flax seed can turn rancid and oxidize in a relatively short period of time, but our special Real Cold Milled Flax Seed is guaranteed to stay shelf stable for a minimum 12 months.**

DID YOU KNOW?

♥ Milled Flax Seed may be used as a Fat Substitute in most recipes. Generally, 3 Tbsp. Milled Flax Seed can replace 1 Tbsp. fat or oil. Likewise, 1 Tbsp. of Milled Flax Seed plus 3 Tbsp. of water can replace 1 egg. Don't give up if your results aren't perfect the first time. Experiment • Be Healthy Have Fun!

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.



Good Source of Fiber
Cholesterol Free
No Trans Fat
Gluten Free

Certified Organic
**Golden MILLED
FLAX SEED**



2600mg
Omega-3 Oils
per serving!

JUICES
YOGURT
CEREALS
MUFFINS

Add to: COOKIES
SMOOTHIES
& MUCH MORE!

U Parve
Sealed Inner Pouch

NET WT 12 oz. 340 g



Nutrition Facts

Serving Size: 2 Tbsp. (13g)
Servings Per Container: about 26

Amount Per Serving	From Fat 40
Calories 65 Calories	% Daily Value*
Total Fat 4g	8%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 4g	15%
Sugars 0g	
Protein 3g	

Vitamin A 0% Vitamin C 0%
Calcium 2% Iron 6%

*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 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2400mg	2400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

INGREDIENTS: 100% ORGANIC
GOLDEN MILLED FLAX SEED.

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
Effingham, IL 62401
(800)525.0177



Certified Organic by Oregon Tilth

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

HODGSON MILL Certified Organic
**Golden MILLED
FLAX SEED**
Have a Grain Day!

VEGETARIAN STIR FRY

- | | |
|---|---|
| 1 1/2 cups vegetable broth | 1 tsp. ground ginger or
2 tsp. fresh ginger, chopped |
| 3 Tbsp. soy sauce | 1/4 tsp. crushed red pepper (adjust to taste) |
| 2 Tbsp. Hodgson Mill Cornstarch | 1/4 cup Hodgson Mill
Organic Golden Flax Seed |
| 1 Tbsp. sugar | 2 Tbsp. olive oil |
| 1 tsp. garlic powder or
2 tsp. fresh garlic, chopped | 3-4 cups fresh or frozen assorted vegetables |

Place oil in a large skillet or wok. *Add vegetables and stir-fry until crisp and tender. Remove vegetables from pan and set aside. Combine broth and remaining ingredients and bring to simmer, stirring constantly. Add vegetables to broth mixture and stir to coat. Serve over rice or Hodgson Mill Organic Angel Hair Pasta.
Yield: 4 servings

*For variety, you may add one of the following: 1 lb chicken breast, cut in strips, 1 lb lean beef, sliced thin, 1 lb shrimp or 1 lb cubed tofu. Stir-fry tofu or meat of choice in 1 Tbsp. of oil until browned. Add remaining oil and vegetables.
Continue to follow recipe as listed above.

BERRY DELICIOUS SMOOTHIE

- | | |
|------------------------------------|---|
| 2 ripe bananas, chunked | 2/3 cup soy milk |
| 1 cup fresh or frozen blackberries | 3 Tbsp. Hodgson Mill Organic
Golden Milled Flax Seed |
| 1 cup fresh or frozen strawberries | 6 - 7 ice cubes |
| 1 (4 oz.) strawberry yogurt | |

Place all ingredients in a blender and mix on medium-high speed for 45 seconds or until smooth. Pour into glasses and serve immediately. Yield: 3 1/2 - 4 cups



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



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Certified Organic
**Golden MILLED
FLAX SEED**
HODGSON MILL

USE BY:

COLORTEK 14-0331 Golden Milled Flax Seed 12oz I301C 2/17/2014

