Sealed Inner Pouch Certified Organic

I301C

REAL COLD-MILLED FLAX SEED STAYS FRESHER LONGER!

Our Organic Golden Flax Seed 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?

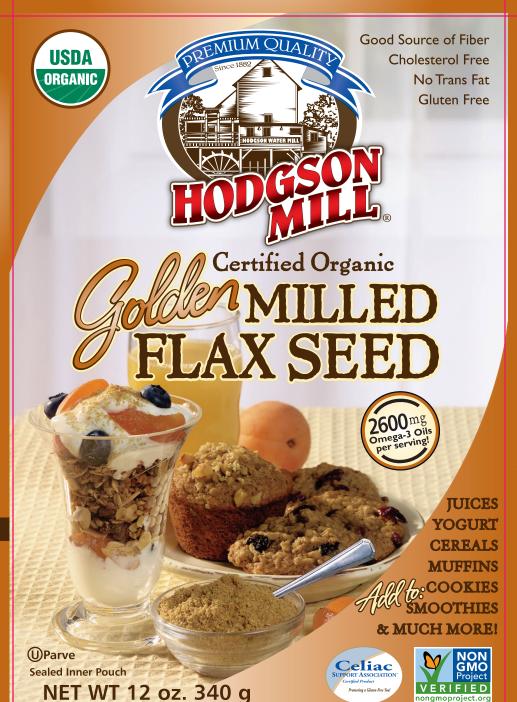
11.5"

Milled Flax Seed may be used as a Fat Substitute in most recipes. Generally, 3 Tbsp. Milled Flax Seed can replace | Tbsp. fat or oil. Likewise, I Tbsp. of Milled Flax Seed plus 3 Tbsp. of water can replace | 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.

100%
Recycled
Paperboard







Nutrition Facts

Amount Per Serving	
Calories 65 Calories	From Fat 40
	% Daily Value*
Total Fat 4g	8%
Saturated Fat 0g	0%
T F.+ 0	

0% 1% 15%

Trans Fat 0g Cholesterol 0mg Sodium 0mg
Total Carbohydrate 4g
Dietary Fiber 4g

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

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

Calories: 2,000

Total Fat Less than 65g
Sat Fat Less than 20g
Cholesterol Less than 3000mg
Sodium Less than 2440mg
Dietary Fiber 25g

•REFRIGERATE AFTER OPENING •

OUR GUARANTEE

Hodgson Mill, Inc. I 100 Stevens Avenue Effingham, IL 62401

(800)525.0177



Certified Organic by Oregon Tilth



VEGETARIAN STIR FRY

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

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

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







USE BY:

























