## **GLUTEN FREE**







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All Natural. WHOLE BROWN FLAX SEED

#### FLAX - FAX

## What makes flax seed healthy?

Flax seed is a rich source of Omega-3 fatty acids, dietary fiber, antioxidants and lignans. In fact it is one of nature's best sources of the Omega-3 fatty acid alpha-linolenic acid (ALA). Flax seed offers a wide range of health benefits, particularly for cardiovascular, nmune system and bone health. It is lignans-which are strong antioxidants and phytoestrogens-can enhance women's and men's health. In addition, flax seed is low in carbohydrates, high in protein and rich in dietary fiber, which offers cardiovascular benefits and helps with weight maintenance.

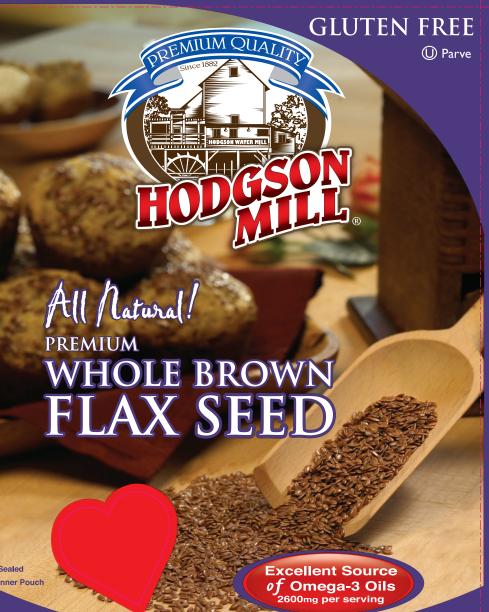
#### Is the Omega-3 found in flax seed heat stable?

Yes, flax seed's Omega-3 remains intact during baking and other processing, providing flax seed's full nutritional value in your What are the storage conditions for flax seed?

Store at room temperature. For best results

# www.HodgsonMill.com

Hodgson Mill, Inc., 1100 Stevens Avenue Effingham, IL 62401, (800)525.0177



Celiac

Provides Fiber, Lignans & Omega-3 Oils

NET WT 16oz. 454g



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#### **Nutrition Facts**

Serving Size: 3 Tbsp. (32g) Servings Per Container: 14

0		
Amount Per Serving		
Calories 160 Calories From I	<u>-at 100</u>	
% Daily		
Total Fat 11g	17%	
Saturated Fat 1g	5%	
Trans Fat 0g		
Cholesterol 0g	0%	
Sodium 9mg	0%	
Total Carbohydrate 9g	1%	
Dietary Fiber 9g	36%	
Sugars Og		

1 Totelli og	
Vitamin A 0%	Vitamin C 0%
Calcium 8%	Iron 6%
*Percent Daily Values are ba	ased on a 2 000 calorie die

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 Carbohy	drate	300g	375g	
Dietary Fiber		25g		

# **ALL NATURAL GLUTEN FREE**

Premium Whole Brown Flax Seed Produced in a peanut/tree

**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



### **GLUTEN FREE**

0

7/8 cup water

2 Tbsp. butter

l tsp. salt

3 Tbsp. molasses

Our premium quality WHOLE FLAX SEED 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".

## Flax Bread

I Tbsp. HODGSON MILL VITAL WHEAT GLUTEN, optional 2 1/2 cups HODGSON MILL BEST FOR BREAD FLOUR

0

I I/2 Tbsp. non-fat dry milk

I 1/2 tsp. HODGSON MILL ACTIVE-DRY YEAST

2 Tbsp. HODGSON MILL FLAX SEED (Ground)

\*\* Suggestion: Proof yeast in 1/4 cup warm water with 1/4 tsp. sugar and add last to dough mixture just as cycle begins. Reduce 1/4 cup liquid from the remaining liquid in recipe.

Add ingredients to the bread machine in the order suggested by the manufacturer. Select basic cycle with a light or medium color setting.

Makes I loaf. Each loaf: 1450 calories; 17g dietary fiber; 277g carbohydrates; 56g protein; 19g fat (2g saturated fat); Img cholesterol; 2574mg sodium

#### **Peanut Butter and Flax Cookies** 0

I 1/2 cups HODGSON MILL UNBLEACHED WHITE FLOUR

I/3 cup HODGSON MILL MILLED FLAX SEED (Ground)

1/2 tsp. baking powder I/4 tsp. baking soda

1/4 tsp. salt I/4 cup vegetable oil I/2 cup brown sugar, packed I/2 cup granulated sugar

I/2 cup creamy peanut butter

l egg 2 Tbsp. water

Preheat oven to 375° F. Lightly coat baking sheet with cooking spray.

In a small bowl, blend dry ingredients (flour through salt) set aside. In a large bowl, cream together (using your mixer) the vegetable oil, peanut butter, flax seed, sugars, egg and water until smooth. Mix in dry ingredients forming a thick dough. Chill for I hour if too sticky to handle.

Roll dough by hand into I-inch balls placing them on the prepared baking sheet about 3 inches apart. Flatten balls with a fork dipped in flour to produce a criss-cross pattern. Bake at 375° F for 9 - II minutes.

Makes 36 cookies. Each cookie: 80 calories; less than 1g dietary fiber; 11g carbohydrates; 2g protein; 4g fat (less than 1g saturated fat); 6mg cholesterol; 417mg sodium.

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











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