Hodgson Mill #8400 Print Side

Wheat Free GMO Free



WITH MILLED FLAXSEED

CREAMY HOT CEREAL

GLUTEN FREE

1332D





① Parve



WHEAT FREE EGG FREE **SODIUM FREE**



Our premium quality Gluten Free Buckwheat Hot Cereal 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











NON GMO NON GMO Project





Nutrition Facts

Serving Size 1/4 cup dry (41g) Servings Per Container about 9

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Protein 2g						
Vitamin Calcium		Vitamir Iron	n C 0% 2%			
*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			
Codium	1 4	0400	0400			

ALL NATURAL · GMO FREE **GLUTEN FREE INGREDIENTS:** ckwheat, Milled Flax Seed

Produced in a peanut/tree nut free environment.

OUR GUARANTEE

Hodgson Mill, Inc. is dedicated to satisfying consumer demand for ine 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



Hodgson Mill Buckwheat Creamy Hot Cereal is a wonderful alternative to cream of wheat, oatmeal and other cereals. Its delicious fruity taste and high nutrition value make Cream of Buckwheat an excellent choice for your breakfast meal.

Stove Top & Microwave Preparation Instructions

Servings	Water or Milk	Salt (optional)	Hodgson Mill Buckwheat Hot Cereal
1	1 - 1/4 cup	dash	1/4 cup
2	2 1/2 cups	1/2 tsp.	1/2 cup
4	5 cups	3/4 tsp.	1 cup

Stove Top

- 1. BRING water or milk and salt to boil.
- 2. STIRRING constantly, slowly add Hodgson Mill Creamy Buckwheat Hot
- 3. RETURN to boil. Reduce heat to slow; simmer 10 minutes stirring frequently.

Microwave (Suggest only one serving at a time in Microwave)

- 1. Place water/milk, salt, and Hodgson Mill Creamy Buckwheat Hot Cereal in a
- 2. Cook on high for 2 minutes. Stop, stir and then cook another 2 minutes. Do not leave unattended.

Grits: Hodgson Mill Creamy Buckwheat makes wonderful grits. Follow directions above. Serve with butter and season to taste.

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





Celiac





























