

MULTI PURPOSE BAKING MIX



RICH IN WHOLE GRAIN

TO HELP REDUCE THE RISK OF HEART DISEASE AND CERTAIN CANCERS.

"Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat and cholesterol may reduce the risk of heart disease and certain cancers!"

For Homemade Pancakes, Waffles, Brownies, Cookies & Cakes!



Sugar Free
No Trans Fat
5 Easy Recipes

All Natural & Delicious

MULTI PURPOSE BAKING MIX



Wheat Free • Whole Grain • Good Source of Fiber

©Parve

NET WT 12 oz. 340 g

Sealed Inner Pouch

HODGSON MILL



USE BY:

Nutrition Facts	
Serving Size 1/4 cup dry (30g)	
Servings Per Container about 11	
Amount Per Serving (Dry)	
Calories 100	Calories from Fat 10
	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	12%
Sugars 0g	
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 4%
*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: WHOLE GRAIN MILLET FLOUR, WHOLE GRAIN SORGHUM FLOUR, WHOLE GRAIN BROWN RICE FLOUR, XANTHAN GUM

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

WHOLE GRAIN ♦ GOOD FOOD™

CARTON MADE WITH



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

HODGSON MILL

Have a Grain Day!™

FUDGE BROWNIES

3/4 cup Multi Purpose Baking Mix
1/2 tsp. baking powder
1/2 tsp. salt
2 (1 oz.) squares unsweetened chocolate
1/3 cup butter
1 cup sugar
2 eggs
1 tsp. vanilla
1/2 cup chopped nuts
Preheat oven to 350°F. Lightly grease 8-inch square baking pan. Blend baking mix, baking powder, and salt, set aside. Microwave chocolate and butter in glass measuring cup on high for 1 min. Stir until chocolate is completely melted. In large bowl mix sugar, eggs, and vanilla together then stir in melted chocolate. Add dry ingredients; blending well. Fold in chopped nuts and spread batter into prepared pan. Bake 30-35 min. or until toothpick comes out clean. Cool on wire rack. Cut into squares and serve. *Yield 9 brownies.*

HOMEMADE PANCAKES & WAFFLES

INGREDIENTS	PANCAKES	WAFFLES
	6-8	12-14
Multi Purpose Baking Mix	1 cup	2 cups
Sugar (sweeten to taste)	1 Tbsp.	2 Tbsp.
Baking Powder	1 tsp.	2 tsp.
Salt	1/4 tsp.	1/2 tsp.
Oil	1 Tbsp.	2 Tbsp.
Egg	1	1
Milk	3/4 cups	1-1/2 cups

Lightly coat griddle or waffle iron with oil to prevent sticking. Place Multi Purpose Baking Mix, sugar, baking powder, and salt into bowl; add vegetable oil, egg, and milk. Mix until blended. For Pancakes: Preheat griddle to 350°F. Cook on one side until small bubbles form on the edges. Turn over and cook until golden brown. For Waffles: Pour into preheated waffle iron. Bake 6-8 minutes.

QUICK FRUIT SAUCE TOPPING FOR WAFFLES

2 cups frozen blueberries, raspberries, or blackberries
1/4 cup water
1/4 cup sugar
1-1/2 tsp lemon juice
4 tsp corn starch

In a microwave, thaw frozen berries in large measuring cup or casserole. Do not drain. In a separate bowl, mix together the remaining ingredients. Stir into thawed berries and microwave on high for 3-4 minutes until sauce is thick and clear. Serve warm over waffles.

Yields: 1-1/2 cups

QUICK COFFEE CAKE

1-3/4 cups Multi Purpose Baking Mix
2 tsp. baking powder
1/4 tsp. salt
1/4 cup butter
1/3 cup sugar
1 egg
1 tsp. vanilla
1/2 cup milk

Preheat oven to 375°F. Lightly grease 9-inch round cake pan. Blend together baking mix, baking powder, and salt, set aside. In large bowl mix butter, sugar, egg, and vanilla. Add milk and dry ingredients; blending well. Spread thick batter into prepared pan. Add topping if desired. Bake 30-35 min. or until a toothpick comes out clean. Cool on a wire rack. Cut into wedges and serve. *Yield 12 pieces.*

SOUR CREAM COFFEE CAKE:

Modify the above recipe as follows. Reduce milk to 1/4 cup and add 1/2 cup sour cream. Add topping if desired.

STREUSEL TOPPING: 2 Tbsp. baking mix, 1/4 cup brown sugar (packed), 1 Tbsp. butter, 1 tsp. cinnamon. Blend ingredients and stir in 1/4 cup chopped nuts. Sprinkle on unbaked batter.

FRESH APPLE TOPPING: 1 apple (peeled & cored) cut into slices; arrange on top of batter. Sprinkle with a mixture of 1-1/2 Tbsp. sugar and 1 tsp. cinnamon.

