



Nutrition Facts

Serving Size less than 1/4 cup (30g)
Servings about 30

Amount Per Serving

Calories 100 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 22g 7%

Dietary Fiber 1g 8%

Sugars 0g

Protein 4g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 8%

Thiamine 15% • Riboflavin 10%

Niacin 10%

Not a significant source (contains 0% daily value) of: Vitamin A, Vitamin C and Calcium.

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on 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	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Unbleached • Unbromated



What makes Bread Flour different from All-Purpose Flour?

Hodgson Mill® Best for Bread® Flour is milled from a hard spring wheat, naturally high in protein and gluten (the stretchy protein that interacts with leavening and causes your dough to rise, giving bread its familiar texture). It is particularly useful in enhancing the volume and texture of your home baked breads. Bread Machine manufactures know this – most provide you with recipes calling specifically for Bread Flour.

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Hodgson Mill® Best for Bread® Flour is best used with our other fine flours, such as Hodgson Mill Whole Wheat Flour, Rye Flour, Unbleached White Flour and 50/50 Wheat Flour to produce excellent and healthful variety breads.

All natural flour storage tip: Storing in a refrigerator or freezer retains freshness.



Honey Oat & Wheat Bread

2 packages (5/16 ounce each)
Hodgson Mill Active Dry Yeast
1/2 cup warm water, 115° F.
2 1/2 cups lukewarm water, 105° F.
1 1/2 teaspoons salt
1 1/2 cups Hodgson Mill Oat Bran
Hot Cereal

1/4 cup butter melted
6 cups Hodgson Mill 50/50 Flour
1 egg
1/2 cup honey
2 cups Hodgson Mill
Best for Bread Flour

Add yeast to 1/2 cup warm water and let stand for 10 minutes.

Combine lukewarm water, salt, oat bran hot cereal, honey, and melted butter. Add 2 cups 50/50 flour and mix well (you may use a mixer). To this mixture add the egg and softened yeast, mix well. Add remaining flours to make a soft dough. Turn onto a lightly floured surface and knead until smooth and satiny, 10 minutes by hand, or 4 minutes in an electric mixer or food processor fitted with dough hook. Put in greased bowl, turning once to coat thoroughly. Cover with a damp cloth and allow to rise in a warm, draft-free place until doubled, about 1 hour.

Knead down. Turn dough out on to a lightly floured surface. Divide into 3 equal portions and let rest for 10 minutes. Grease three, 9X5X 3-inch loaf pans. Shape dough into loaves and put into pans, seam side down. Cover with a damp cloth and allow to rise in a warm, draft-free place until dough rises just above tops of pans, about 1 hour.

Preheat oven to 375° F. Bake 35-40 minutes. Remove bread from pans immediately and let cool on racks.
Yield 3 loaves



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 back of this bag & your purchase price to:

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



INGREDIENTS:
Unbleached and enriched wheat flour (niacin, iron, thiamine, riboflavin, folic acid); malted barley flour

Net Wt. 2 LBS. (32 oz.) 908g

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BREAD FLOUR
High Protein • High Gluten