



All Natural • 100% Stone Ground

BROWN RICE FLOUR

Nutrition Facts

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

Amount Per Serving

Calories 110 Calories from Fat 5

% Daily Value*

Total Fat	1g	2%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	23g	7%
Dietary Fiber	1g	4%
Sugars	0g	

Protein 2g

Iron 2%

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:

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

INGREDIENTS:

100% Whole Grain Stone Ground Brown Rice Flour.

No Preservatives, Artificial Coloring, Flavoring, BHA or BHT



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



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Over a century ago, in the rolling hills of the Missouri Ozarks, a tradition was born...a tradition established by the Hodgson family of producing the finest, all-natural, whole grain milled products from the nation's heartland. Today, we are proud to preserve the Hodgson Mill values and intertwine its philosophy with our own...superior quality, with foremost emphasis on customer service. In recent years, consumers have become increasingly more health and nutrition conscious and have begun to recognize the importance of grain-based foods in their diets. Even the U.S. Government has become involved in promoting healthy lifestyles by adopting the Food Guide Pyramid, which outlines daily food choices for balanced nutrition. In fact, nutritionists recommend more servings from the bread, cereal, rice and pasta group than anything else we eat.

www.HodgsonMill.com

For better taste and high nutritional value, **Hodgson Mill® Brown Rice Flour** contains all the natural fiber, original oils, vitamins, minerals and flavor of the whole grain. NO preservatives, artificial coloring, flavoring or enrichments are ever added.

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

No Preservatives, Artificial Coloring, Flavoring, BHA, or BHT

Mexican Cheese Muffins

1 1/2 cups sifted **Hodgson Mill® Brown Rice Flour**
1/2 cup **Hodgson Mill® Naturally White Flour**
or **Hodgson Mill® Soy Flour**

1 Tbsp. Baking Powder
1 cup enchilada sauce
3/4 cup warm water
2 Tbsp. olive oil
1 cup grated cheese

Mix dry ingredients. Mix liquid ingredients. Combine mixtures. Stir quickly as the liquid absorbs quickly. Spoon into 12 well oiled muffin tins. Bake at 375°F for 20 minutes or until done.

Honey Rice Batter Bread

2 cups **Hodgson Mill® Brown Rice Flour**
2 Tbsp. baking powder
1/2 tsp. salt
1/4 cup **Hodgson Mill® Naturally White Flour**
2 eggs, beaten
1 cup milk
2 Tbsp. vegetable oil
2 Tbsp. honey

Mix dry ingredients and liquid ingredients separately; then combine. Pour into oiled and floured 9x5 loaf pan; bake for 50 minutes at 350°F. Cool completely in pan.

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



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