



## Nutrition Facts

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

### Amount Per Serving

Calories 100      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 22g      7%

Dietary Fiber 3g      12%

Sugars 0g

Protein 2g

Vitamin A 0%      •      Vitamin C 0%

Calcium 0%      •      Iron 8%

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

No Preservatives, Artificial Coloring, Flavoring, BHA or BHT



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### BUCKWHEAT-CORN MUFFINS

1 cup Hodgson Mill Buckwheat Flour

1/2 cup Hodgson Mill Yellow Corn Meal

2 1/2 tsp. baking powder

1/2 tsp. salt

1/4 cup sugar

2 eggs, beaten

1 1/4 cups milk

1/4 cup melted butter

Preheat oven to 400 F. Line 12 muffin cups with paper liners or grease muffin cups. Mix together buckwheat flour, corn meal, baking powder, salt and sugar. Combine eggs, milk and butter; beat. Add to dry ingredients; stir just until dry ingredients are moistened (batter will be thin). Fill muffin tins 2/3 full. Bake 15-20 minutes or until done. Yield 12 muffins.

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### Buckwheat Pancakes

1 cup Hodgson Mill Buckwheat Flour  
1 tsp. baking powder  
2 Tbsp. sugar  
1/2 tsp. salt

1 egg beaten  
1 cup milk  
2 Tbsp. melted butter

Preheat griddle or large skillet (if electric) to 375 , Grease lightly with oil. Griddle is ready when small drops of water sizzle and disappear almost immediately. Mix dry ingredients together; add egg, milk and butter, beating well after each addition. Pour 1/4 cup batter for each pancake onto the hot griddle. Cook 1 to 1 1/2 minutes, turning when edges look cooked and bubbles being to break on surface. Continue to cook 1 to 1 1/2 minutes or until golden brown.

### Buttermilk Buckwheat Pancakes

Use above recipe. Add 1 teaspoon baking soda and substitute buttermilk for milk.

### Buckwheat Dumplings

2 cups Hodgson Mill Buckwheat Flour  
1 Tbsp. Hodgson Mill Cornstarch  
4 tsp. baking powder  
1 tsp. salt

1/4 tsp. pepper  
3/4 cup milk  
1 egg  
3 Tbsp. cooking oil

Combine Hodgson Mill Buckwheat Flour, cornstarch, baking powder, salt and pepper; sift together in a bowl. Combine milk, egg and oil; beat. Add to dry ingredients; stir just until dry ingredients are moistened. Drop tablespoonfuls of mixture into simmering stew. Cover pan tightly. Cook until done (about 15 minutes) without lifting cover. Yield 12 dumplings.



### OUR GUARANTEE

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Hodgson Mill, Inc.

1100 Stevens Avenue, Effingham, IL 62401

(800)525.0177



**INGREDIENTS:**  
100% Whole Grain,  
Stone Ground Buckwheat

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

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

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