



www.HodgsonMill.com

Hodgson Mill® 50/50 Wheat Flour is made from the choicest wheats available to produce the best baking flour possible. The high protein **Whole Wheat Flour** is stone ground to retain all the natural nutrition, flavor and fiber of the whole grain, then blended with our **Unbleached White Flour**.

The combination of these two choice flours produces a flour strong enough for excellent breads and fine enough for those delicious pastries, biscuits and rolls.

Nutrition Facts

Serving Size less than 1/4 cup (30g)
Servings about 75

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 21g **7%**

Dietary Fiber 2g 8%

Sugars 0g

Protein 4g

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 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

INGREDIENTS: Whole Grain, Stone Ground Wheat Flour; White Flour (unbleached, unenriched); Vital Wheat Gluten.

Hodgson Mill® 50/50 Flour contains NO artificial preservatives, colors, flavors or artificial enrichment.

All natural flour storage tip: Store in refrigerator or freezer to retain freshness.

Hodgson Mill, Inc.
1100 Stevens Ave.,
Effingham, IL 62401



Old Fashioned

Blended for Better Baking
50 / 50
WHOLE WHEAT & WHITE FLOUR



Net Wt. 5 LBS. (2.3 kg)
No Preservatives, Artificial Coloring, Flavoring, BHA or BHT



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No Preservatives, Artificial Coloring, Flavoring, BHA or BHT



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TRADITIONAL ITALIAN BREAD

non stick cooking spray
2 packages (2 1/4 ounce) Hodgson Mill® Active Dry Yeast
4 cups warm water, 110° F.
2 tsp salt
6 1/2 to 7 cups Hodgson Mill® 50/50 Flour
1 cup Hodgson Mill® Best For Bread White Flour
Spray a large bowl with non stick cooking spray.
In a small bowl, blend yeast with 1 cup warm water and allow to rest for 5 minutes. Place 3 cups water with salt in a second large bowl. Add the yeast. Blend 5 cups 50/50 flour with Hodgson Mill Best For Bread White Flour. Pour flour into water, stirring as you pour. When dough is stiff, turn onto a floured board and knead it into a smooth, elastic ball, adding flour if necessary. This takes about 10 minutes.
Put dough in prepared bowl and turn to coat thoroughly. Cover with plastic wrap, then with a damp towel, and allow to rise in a warm, draft-free place for about 1 hour. The dough will almost double in bulk.
Spray a baking sheet with non stick cooking spray. Turn the dough onto a floured board and knead down. Cut the dough into 4 pieces and form into 4 loaves, 12 inches long and 3 inches wide. Put on prepared sheet, cover with plastic wrap, and allow to rise in a warm, draft-free place for 1 hour. Preheat oven to 425° F. Bake bread 15 minutes. During the first few minutes of baking, throw 3 to 4 ice cubes onto the oven floor to create steam. This will make a crisp crust. Remove the bread from the sheet and reduce oven temperature to 350° F. Put bread back in the oven directly on oven rack to finish baking. Bake until golden brown, about 20 more minutes.

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



Our Superior Taste Comes
From The High Quality Wheat We Mill.



Whole Grain Foods Sunrise to Sunset™ SO GOOD FOR YOU!

Congratulations and thank you for choosing one of the world's finest flours. We are dedicated to bringing our customers the most wholesome and naturally nutritious flour possible. We start with only that select grain that meets our strict nutrition and protein standards. It is then cleaned and expertly milled under strict sanitary conditions.

Our 50/50 Flour contains no chemical additives; it is never bleached or bromated. All natural goodness comes in every bag. It is a wholesome,

great tasting and baking delight.

Nutrition experts recommend 6-11 servings of grain based foods daily, and Hodgson Mill agrees. We offer quality, all natural flours for those who choose a healthy lifestyle and those who want to do something special for their families.

We guarantee that you'll love our quality and taste, or your money will be refunded. Hodgson Mill is your partner in healthy living. Thank you for caring enough to buy Hodgson Mill 50/50 Flour.

Whole Wheat Bread

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

2 packages (2 1/4 ounce each) Hodgson Mill® Active Dry Yeast

1/2 cup warm water, 110° F.

2 1/2 cups lukewarm water, 110° F.

1/2 cup sugar

1 1/2 teaspoons salt

1/4 cup butter, melted

8 cups Hodgson Mill® 50/50 Flour

1 egg

non stick cooking spray for 1 large bowl and three, 9 x 5 x 3-inch loaf pans

Knead down. Turn dough onto a lightly floured surface. Divide into 3 equal portions and let rest for 10 minutes. Spray three, 9 x 5 x 3-inch loaf pans. Shape dough into loaves and put into pans, seam side down. Cover with 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 for 35 to 40 minutes, or until golden brown. Remove bread from pans immediately and let cool on racks.

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