

“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!”

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

Heart Healthy

Our Superior Taste Comes
From The High Quality Corn We Mill



100% Stone Ground • All Natural

WHITE CORN MEAL

www.HodgsonMill.com



Old Fashioned



100% Stone Ground • All Natural

WHITE CORN MEAL

www.HodgsonMill.com



Tasty Corn Bread

1½ cups **Hodgson Mill® White Corn Meal**
1 cup **Hodgson Mill® Unbleached White Flour**
1½ tsp. baking powder
¼ tsp. baking soda

¼ cup sugar
½ tsp. salt
1 cup buttermilk
1 egg, beaten
¼ cup vegetable oil

Preheat oven to 400°F. Grease a 9-inch baking pan or muffin tins (for 12 muffins) with shortening or cooking spray. Place all dry ingredients in a medium size mixing bowl and blend well. Add buttermilk, egg, and vegetable oil. Stir just until moistened. Pour into prepared pan and spread evenly. For muffins, fill ¾ full. Bake 9-inch pan 25–30 minutes. Bake muffins 15–20 minutes until golden brown. Serve hot with butter. Yield: 12 muffins or 9, 3-inch squares.

Sour Cream Muffins

¾ cups **Hodgson Mill® White Corn Meal**
1¼ cups **Hodgson Mill® Unbleached White Flour**
1½ tsp. baking powder
½ tsp. baking soda
½ tsp. salt

¼ cup sugar
1 cup sour cream
1 egg beaten
¾ cup buttermilk
½ cup raisins or chopped dried apricots or dates (optional)

Preheat oven to 375°F. Grease muffin tins (for 12 muffins) or line with muffin papers. Place all dry ingredients in a medium size mixing bowl and blend well. Add sour cream, egg, and buttermilk. Stir just until moistened. If using dried fruits, fold into batter. Spoon batter into muffin cups, filling them ¾ full. Bake 20–25 minutes until golden brown. Remove from pan and serve hot with butter or allow to cool on wire racks. Yield: 12 muffins.

For more flavor and added nutritional value, **Hodgson Mill® White Corn Meal** contains all the natural fiber, original oils, vitamins, and minerals of the whole grain. NO artificial preservatives, flavors, colors or artificial enrichment are added.

Nutrition Facts
Serving Size less than ¼ cup (30g)
Servings about 75

Amount Per Serving	
Calories 100	Calories from Fat 10
% 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 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 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	Less than	300g	375g
Dietary Fiber		25g	30g

INGREDIENTS:
100% whole grain stone ground white corn meal.

All natural corn meal storage tip: Transfer contents to sealed container and refrigerate or freeze to retain freshness. Allow corn meal to return to room temperature before use.

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



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



Health Tip! Our Corn Meal contains the whole grain, including all the nutritionally valuable bran and germ. The germ tips are naturally black in color – that accounts for the specks you see in our Corn Meal. You're getting all of nature's goodness. We enjoy being Your Partner in Good Health.

Hush Puppies

1¼ cups **Hodgson Mill® White Corn Meal**
¼ cup **Hodgson Mill® White Flour, Unbl.**
2 tsp. sugar
¾ tsp. baking powder

¼ tsp. baking soda
1 tsp. salt
½ cup chopped onion
1 egg
¼ cup water
½ cup buttermilk

Preheat oil to 375°F.

Combine dry ingredients in a medium size mixing bowl. Blend well. Add onions, egg, water, and buttermilk. Stir just until moistened. Let dough sit for 5 minutes before using.

Drop by rounded teaspoons into hot oil and fry until dark golden brown (approximately 1½ - 2 minutes), turning once. Drain on paper towels.

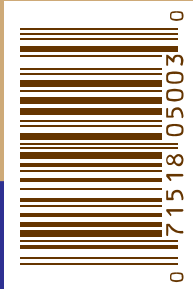
Yield: 20-30 Hush Puppies.



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



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

100% Stone Ground
All Natural
White CORN MEAL