of heart disease and certain cancers!" fat and cholesterol may reduce the risk plant foods and low in total fat, saturated "Diets rich in whole grain foods and other





100% Stone Ground • All Natural

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For more flavor and added nutritional value, HodgsonMill® Rye Flour contains all the natural fiber, original oils, vitamins, and minerals of the whole grain. NO preservatives, artificial coloring, flavoring, or artificial enrichment are added.

• WHEAT FREE •

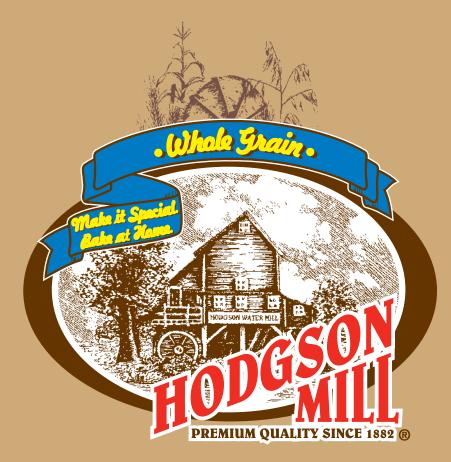
Nutrition Facts Serving Size less than 1/4 cup (30g) Servings about 75 **Amount Per Serving** Calories 90 Calories from Fat 5 % Daily Value Total Fat 1g Saturated Fat 0g 0% Trans Fat 0g Cholesterol 0mg Sodium 0mg 0% Total Carbohydrate 22g Dietary Fiber 5g 20% Sugars 0g Protein 3a Vitamin A 0% • Vitamin C 0% Iron 4%

INGREDIENTS: 100% Whole Grain Stone Ground Rye

All natural flour storage tip: Storing n refrigerator oi reezer retains

Rye Flour Baking Γ**iρ:**Rye is naturally low in gluten - the tretchy protein that ives breads their amiliar rise and exture. For best esults, combine with Hodason Mill®"Best for Bread" high gluten, high protein white flour.

Hodgson Mill, Inc.





100% Stone Ground • All Natural



Net Wt. 5 LBS. (2.3 kg)

No Preservatives, Artificial Coloring, Flavoring, BHA or BHT





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German Dark Rye Bread

3 1/2 cups Hodgson Mill® Rye Flour
2 1/2 to 3 1/2 cups Hodgson Mill® Best For Bread Flour 1/4 cup molasses
2 Tbsp, Hodgson Mill® Vital Wheat Gluten
2 packages Hodgson Mill® Active Dry Yeast
2 cups warm water, 110° F
2 tsp, salt

Put water in a large bowl. Add brown sugar and active dry yeast. Let yeast develop for about 5 minutes. Add molasses, Rye Flour, vital wheat gluten, cocoa and caraway seeds. Beat well, then let sit for ten minutes. Mix in melted butter and salt. Mix in 1 cup of Best For Bread flour. Knead in enough metred butter and sait, MIX in 1 cup of Best For Bread flour, knead in enough of the remaining Best For Bread flour to make a soft dough and knead for 8 to 10 min.. Put dough in an oiled bowl, cover with a damp cloth, and allow to rise for one hour or until doubled, Divide the dough into two pieces, Gently knead to work out air bubbles and form into loaves and place in two greased loaf pans, Cover with a damp cloth and allow to rise another hour or until the dough is nearly doubled. Bake in a 400 degree preheated oven for 25 to 28 minutes. Immediately remove from pans and cool on a wire rack.

Round loaves - Make two round loaves and place on a cookie sheet dusted with cornmeal. Before putting the bread in the oven, slash the top of the bread. Bake in a 450 degree oven 24 to 28 minutes.

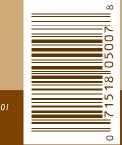
Chewy crust - Directly after placing the bread in the oven, throw a 1/4 cup of water along with a couple of ice cubes into the bottom of the oven.

Doing this along with slashing the top allows the bread to rise a little more during the first few minutes of baking and leaves it with a nice chewy crust.

MOUR GUARANTEE Hodgson Mill, Inc. is dedicated to satisfying consumer demand for fine any reason you are not satisfied with this product, we'll make it right. of this bag & your purchase price to Hodgson Mill, Inc. I I 00 Stevens Avenue, Effingham, IL 6240 I

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100%



Our Superior Taste Comes From The High Quality Rye We Mill



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

Congratulations and thank you for choosing one of the world's finest Rye flours. We are dedicated to bringing our customers the most wholesome and naturally nutritious flour possible. We start with only those select Rye grains grown in the northern plains that meet our strict nutrition and protein standards. These Whole Grains are then cleaned and stone ground the traditional way, which preserves all of the nutritional content of the kernel.

All of the nutrients Nature so bountifully supplies in each kernel are still present in each bag of flour. There is nothing added, and nothing taken away.

Our flour is a nutritious product, providing a great tasting, baking delight.

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

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 Rye flour.

Onion-Rye Dinner Rolls

- 1 cup milk
- 2 Tbsp. honey
- 1 tsp. salt
- 3 Tbsp. butter
- 2 pkg. (5/16 oz. each) Hodgson Mill® **Active Dry Yeast**
- ½ cup lukewarm water (110°F.)
- 3 cups Hodgson Mill® White Flour 2 Tbsp. caraway seeds
- 6 Tbsp. minced onion ½ cup Hodgson Mill® Wheat Germ
- 1–11/4 cups **Hodgson Mill® Rye Flour** 1 egg
- 2 tsp. water

Scald milk; combine it in mixing bowl with honey, salt, and butter. Stir well;

cool to lukewarm. Dissolve yeast in the lukewarm water; combine with milk mixture. Add white flour and beat vigorously 1 minute or until batter is very smooth. Add caraway seeds, onion, wheat germ, and enough rye flour so dough is firm enough to knead. Turn dough onto floured surface; knead 8 minutes. Place in greased bowl, turning once to coat evenly. Cover and let rise in warm place until dough is doubled (one hour).

Punch down dough and roll by hand into a long rope about 1½ inches thick. Cut into 11/2 inch pieces and shape into buns. Place 2 inches apart on an oiled baking sheet. Cover with towel and let rise until doubled.

Preheat oven to 400°F. Beat the egg with water and brush the tops of the buns. Bake 12-15 minutes or until nicely browned. Yield: 18-24 dinner rolls.

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