

“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**

**Healthy Heart**

Our Superior Taste Comes  
From The High Quality Rye We Mill



**100% Stone Ground • All Natural**

**RYE FLOUR**

[www.HodgsonMill.com](http://www.HodgsonMill.com)

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      **2%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 0mg      **0%**

**Total Carbohydrate** 22g      **7%**

Dietary Fiber 5g      **20%**

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

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



**Old Fashioned**

**100% Stone Ground • All Natural**

**RYE FLOUR**

PARVE

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 <b>Hodgson Mill® Rye Flour</b>	1/4 cup brown sugar
2 1/2 to 3 1/2 cups <b>Hodgson Mill® Best For Bread Flour</b>	1/4 cup molasses
2 Tbsp. <b>Hodgson Mill® Vital Wheat Gluten</b>	3 Tbsp. cocoa powder
2 packages <b>Hodgson Mill® Active Dry Yeast</b>	1 Tbsp. caraway seed (optional)
2 cups warm water, 110° F	2 tsp. salt
	1/4 cup butter

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 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.

Recipe variations:  
**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.

### 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 of this bag & your purchase price to:

Hodgson Mill, Inc.  
1100 Stevens Avenue, Effingham, IL 62401  
(800)525.0177



### 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 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 Rye flour.

### Onion-Rye Dinner Rolls

1 cup milk  
2 Tbsp. honey  
1 tsp. salt  
3 Tbsp. butter  
2 pkg. (2/4 oz. each) **Hodgson Mill® Active Dry Yeast**  
1/2 cup lukewarm water (110°F.)

3 cups **Hodgson Mill® White Flour**  
2 Tbsp. caraway seeds  
6 Tbsp. minced onion  
1/2 cup **Hodgson Mill® Wheat Germ**  
1-1/4 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 1 1/2 inches thick. Cut into 1 1/2 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.

Call us for our **FREE CATALOG & RECIPES**  
**800.525.0177**  
[www.HodgsonMill.com](http://www.HodgsonMill.com)