



Nutrition Facts

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

Amount Per Serving	
Calories 100	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 23g	8%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 3g	
Iron 2%	

Not a significant source (contains 0% daily value) of: Vitamin A and Vitamin C.

*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



CERTIFIED
ORGANIC



Hodgson Mill Organic Products are certified organically grown and processed in accordance with National Organic Standards. Farmers who produce our grain must have a multi-year history of not using prohibited fertilizers or pesticides on their fields. Even special tillage practices and crop rotations are recommended to reduce soil erosion while helping to prevent disease and insects. The result is the finest organic food products that taste great too!



Certified Organic by Oregon Tilth

www.HodgsonMill.com

Add more flavor and better nutrition to your favorite recipes! **Hodgson Mill® Organic Naturally White Flour** contains NO preservatives, artificial coloring, flavoring or enrichments.

Quick Orange Loaf

1 cup sugar	1 1/2 cups Hodgson Mill® Organic Naturally White Flour
1/3 cup butter, softened	1/2 cup Hodgson Mill® Oat Bran Cereal
1/2 tsp. orange flavoring	1 tsp. grated orange peel
2 eggs	1/2 tsp. baking soda
1 (8 oz.) carton orange or lemon yogurt	1/2 tsp. salt

Preheat oven to 350°F. Beat sugar and butter until light and fluffy. Add orange flavoring and eggs; beat well. Add yogurt; beat well. Combine flour, oat bran, orange rind, baking soda and salt in a small bowl. Add flour mixture to sugar mixture. Stir until just moist. Coat an 8 inch loaf pan with cooking spray. Spoon batter into pan. Bake at 350 F for 45 - 50 minutes or until wooden pick inserted into center comes out clean. Cool for 10 minutes; remove from pan. Cool completely.

Cinnamon Bread

1 1/2 cups Hodgson Mill® Organic Naturally White Flour	1 Tbsp. butter
1/2 cup Hodgson Mill® Best for Bread Flour	1 tsp. salt
1 Tbsp. cinnamon	1 Tbsp. dry milk
2 Tbsp. sugar	2/3 cup water
	1 package (5/16 ounce) Hodgson Mill® Active Dry Yeast

Automatic bread machine instructions: Put all dough ingredients except yeast in bread pan. Make a well and add yeast or add to yeast dispenser. Start machine. When beeper sounds, carefully remove bread from pan and cool on wire rack. Blend confectioners sugar with milk. Drizzle over loaf. If desired, butter and sprinkle cinnamon sugar over slices.

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



INGREDIENTS:
100% Organic Wheat Flour
(unbleached and unenriched .

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

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

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