



**HODGSON
MILL®**
PREMIUM QUALITY SINCE 1882

OAT BRAN FLOUR

Nutrition Facts

Serving Size less than 1/4 cup (30g)
Servings about 25

Amount Per Serving

Calories 125 Calories from Fat 20

% Daily Value*

Total Fat 2g 4%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 22g 7%

Dietary Fiber 3g 12%

Sugars 0g

Protein 4g

Calcium 2% Iron 8%

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

*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**

OAT BRAN FLOUR



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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 Oat Bran Flour** contains NO preservatives, artificial coloring, flavoring or enrichments. To use this flour in your favorite recipe replace up to 1/2 of white flour or any whole grain flour with **Hodgson Mill® Organic Oat Bran Flour**.

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

No Preservatives, Artificial Coloring, Flavoring, BHA, or BHT

Oat Bran Flour Nutri-Bread

1 1/2 cups Hodgson Mill® Organic Naturally White Flour	2 Tbsp. sugar
1/2 cup Hodgson Mill® Best for Bread Flour	1 Tbsp. dry milk
1/4 cup Hodgson Mill® Organic Oat Bran Flour	1 Tbsp. butter
1 Tbsp. Hodgson Mill® Wheat Germ	1 tsp. salt
	7/8 cup water
	1 package Hodgson Mill® Active Dry Yeast

Automatic Bread Machine Instructions: Put all ingredients, except yeast, into the bread pan. Make a well and add yeast or add to yeast dispenser. Set timer and press the start button. When beeper sounds, carefully remove bread from pan and cool on wire rack.

Quick Batter Bread

3 cups Hodgson Mill® Organic Oat Bran Flour, sifted
1 Tbsp. baking powder
1 Tbsp. sugar
1 1/2 cups club soda
1 Tbsp. caraway seeds (optional)

Preheat oven to 375°F. Spray an 8 1/2" x 4" x 2" bread pan with non-stick cooking spray. Combine oat bran flour with baking powder and sugar. Combine club soda with flour mixture until flour is just moistened. Pour batter into bread pan. Sprinkle with caraway seeds. Bake for 1 hour. Makes 1 loaf.



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 Oat Bran Flour.

Net Wt. 1.62 LBS. (26 oz.) 735g

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Call us for our **FREE CATALOG & RECIPES**
800.525.0177
www.HodgsonMill.com