



**HODGSON
MILL®**
PREMIUM QUALITY SINCE 1882

SOY FLOUR

Nutrition Facts

Serving Size less than 1/4 cup (30g)
Servings about 23

Amount Per Serving

Calories 120 Calories from Fat 55

% Daily Value*

Total Fat 6g 9%

Saturated Fat 1g 4%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 10g 3%

Dietary Fiber 6g 24%

Sugars 2g

Protein 10g

Iron 10% Calcium 6%

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**

SOY 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

For better taste and high nutritional value, **Hodgson Mill® Organic Soy Flour** contains all the natural fiber, original oils, vitamins, minerals and flavor of the whole grain. NO preservatives, artificial coloring, flavoring or enrichments are ever added.

Tips for Using Soy Flour

In your own kitchen, use Soy Flour to thicken gravies and cream sauces, to make homemade soy milk, or add it to a variety of baked foods. Soy Flour gives home-baked goods a protein boost. It also helps baked goods from becoming stale. It adds a rich color, fine texture, tenderness and moistness to baked goods. Since soy flour is free of gluten, which gives structure to yeast-raised breads, soy flour can not replace all of the wheat or rye flour in a bread recipe. However, using about 15 percent soy flour in a recipe produces a dense bread with a nutty flavor and a wonderful moist quality. Just place two tablespoons of soy flour in your measuring cup before measuring all-purpose or other flour called for in the recipe.

In baked products that are not yeast-raised, up to 1/4 the total amount of flour called for in the recipe can be replaced with soy flour. Recipes that are developed to use soy flour specifically, can often use it in even higher amounts.

Soy Bread

2 tsp. salt	1/4 cup soybean oil
1/2 cup sugar	2 2/3 cup warm water
2 pkg. Hodgson Mill® Fast Rise Yeast	7 1/2 cup Hodgson Mill® Organic Naturally White Flour
1 1/3 cup powdered milk	1 2/3 cup Hodgson Mill® Organic Soy Flour
2 eggs	

Mix together salt, sugar, yeast and powdered milk. Add eggs, soybean oil and water. Combine flour and add one cup at a time to yeast mixture. Keep adding flour until no longer sticky. Place dough ball in clean bowl rubbed with soybean oil. Turn oil side up. Cover and let rise until doubled.

Punch down and divide into 3 balls. Form into loaves and place smooth side up in oiled loaf pans. Let rise until dough is above the rim of pans. Bake at 350°F for approximately one hour. Makes 3 loaves.



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 Soy Flour.

Net Wt. 1.5 LBS. (24 oz.) 680g

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

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

SOY FLOUR