



Nutrition Facts

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

Amount Per Serving

Calories 100 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 4g 16%

Sugars 0g

Protein 4g

Iron 6%

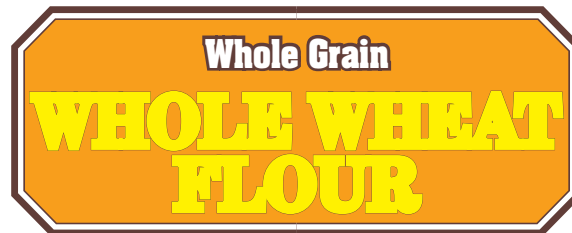
Not a significant source (contains 0% daily value) of: Vitamin A, Vitamin C and Calcium.

*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



"Graham Flour Story
on Back"



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 Whole Wheat 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.

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

History of Graham Flour

From time to time people have been confused by Graham Flour. Our Premium Organic Whole Wheat (Graham) Flour is great for breads, rolls, muffins, even pizza dough and yes, it is also great for making graham crackers. This is still the same high quality whole grain flour that Hodgson Mill has produced for decades.

Now on to the history of how Graham Flour got it's name. Graham Flour is named after Sylvester Graham, one of the pioneers of the health food movement. He invented the flour in 1829 and used it in many recipes featured at his chain of "health" hotels. Some of the things Dr. Graham advised against included drug remedies, stimulants including coffee and tea, overworking, meat, alcohol, tobacco, snacking between meals, and salt. Dr. Graham advised to eat a mainly vegetarian or fruitarian diet (especially raw), get enough sleep and rest on a hard mattress, take cold baths and showers, drink pure water only when thirsty, eat 3 meals a day precisely 6 hours apart, wear loose clothing and practice cheerfulness at mealtime. The mainstay of Dr. Graham's revolutionary health reform was to eat only home-baked bread made from whole-wheat flour.

Fat-Free Blueberry Muffins

2 cups fresh or frozen blueberries (wash & drain if fresh, thaw & drain if frozen)
1 cup minus 1 Tbsp. Hodgson Mill® Organic Whole Wheat Graham Flour
3/4 cup Hodgson Mill® Oat Bran Flour
1 1/2 tsp. Baking Powder
1/2 tsp. salt
1/2 tsp. cinnamon
3/4 cup packed brown sugar
2 egg whites
3/4 cup plain fat-free yogurt
1/2 cup plus 1 Tbsp. applesauce
2 Tbsp. Hodgson Mill® Organic Whole Wheat Graham Flour

Preheat oven to 375°F. Use either paper liners or grease muffin pan with no-stick cooking spray. In 1st bowl, combine dry ingredients, spices, and brown sugar (break lumps). In 2nd bowl, combine egg whites, yogurt, applesauce and mix. Add wet mixture to flour mixture, stir until moistened. In 3rd bowl, toss blueberries lightly with 2 Tbsp. flour (helps them from sinking to the bottom). Fold blueberries into mix. Pour into prepared muffin tin, bake 20-25 minutes. Yield: 12 muffins.



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



No Preservatives, Artificial Coloring, Flavoring, BHA or BHT

Call us for our FREE CATALOG & RECIPES
800.525.0177
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INGREDIENTS:

100% Organic Whole Grain Whole Wheat Flour.

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

