



**HODGSON
MILL**
PREMIUM QUALITY SINCE 1882

Stone Ground
**WHOLE WHEAT
PASTRY FLOUR**

Nutrition Facts

Serving Size less than 1/4 cup (30g)
Servings about 26

Amount Per Serving

Calories 100 Calories from Fat 5

% Daily Value*

Total Fat .5g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 22g 7%

Dietary Fiber 4g 16%

Sugars 0g

Protein 3g

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**

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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 Whole Wheat Pastry 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.

Almond Peach Delight

2 cups peaches, drained
2/3 cup powdered non-fat dry milk
2 Tbsp. **Hodgson Mill® Pure Corn Starch**
1 cup almonds, chopped
1/4 tsp. baking soda

1 cup **Hodgson Mill® Organic Whole Wheat Pastry Flour**
1 tsp. baking powder
1 stick of butter, melted
2 eggs, beaten
1/2 cup low-fat cottage cheese

Spray 9" pie pan with vegetable oil. Line with wax paper and spray again. Spread in pie pan 2 cups of peaches, 2/3 cup powdered non-fat dry milk, 2 Tbsp. cornstarch and 1 cup chopped almonds. Mix together in bowl Organic Whole Wheat Pastry Flour, baking powder, melted butter, eggs, cottage cheese and sugar. Mix well. Spread batter over peaches. Bake for 30 minutes at 350 degrees. Cool for 15 minutes. Invert onto plate and peel off wax paper. Chill before serving.

Banana Nut Bread

1/2 cup oil
1 cup brown sugar
3 eggs
4 ripe bananas
1 tsp. salt

2 cups **Hodgson Mill® Organic Whole Wheat Pastry Flour**
1 tsp. baking soda
1 tsp. vanilla
1 cup chopped nuts

Cream oil and sugar, add eggs and bananas. Sift dry ingredients together and stir into banana mixture. Add vanilla and nuts. Bake at 350° degrees for 45 to 50 minutes in a 8 1/2 x 4 1/2 x 2 1/2 loaf pan.



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 Whole Wheat Stone Ground Pastry Flour.

Net Wt. 1.75 LBS. (28 oz.) 795g

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Call us for our **FREE CATALOG & RECIPES**

800.525.0177

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