



## Nutrition Facts

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

### Amount Per Serving

Calories 100      Calories from Fat 10

% Daily Value\*

Total Fat 1g      2%

Saturated Fat 0g      0%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 0mg      0%

Total Carbohydrate 23g      7%

Dietary Fiber 3g      12%

Sugars 0g

Protein 3g

Vitamin A 4%      •      Vitamin C 0%

Calcium 0%      •      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

### INGREDIENTS:

100% Organic Whole Grain Stone Ground Yellow Corn Meal.



CERTIFIED  
ORGANIC



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



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](http://www.HodgsonMill.com)

Health Tip! Our Corn Meal contains the whole grain, including all of the nutritionally valuable bran and germ. The germ tips are naturally black in color – that accounts for the specks you see in our Corn Meal. You're getting all of nature's goodness. We enjoy being Your Partner in Good Health.

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

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

### Blueberry Pancakes

2 cups **Hodgson Mill®**  
**Organic Yellow Corn Meal**  
1/4 cup granulated sugar  
1 tsp. vanilla  
1/2 tsp. salt

1 1/2 tsp. baking powder  
3 Tbsp. vegetable oil  
2 egg whites  
1 1/2 cups milk  
2 cups blueberries

Place corn meal, salt, baking powder and sugar in a medium size mixing bowl and blend well. In a separate bowl, whisk together vanilla, oil, egg whites and milk. Pour over dry ingredients and blend just until moistened. Fold in blueberries.

Heat griddle to 375°F. Spray with no-stick cooking spray. Pour 1/3-cup batter onto hot griddle. Cook pancakes until they are puffed and a few bubbles appear on top (about 3 min.). Turn and cook until both sides are dark golden brown. Yield: 12 pancakes.

### Old Fashioned Corn Bread

2 Tbsp. shortening  
2 cups **Hodgson Mill®**  
**Organic Yellow Corn Meal**  
1 tsp. **Hodgson Mill®** Wheat Germ  
1 tsp. baking soda  
1 tsp. salt

1 Tbsp. honey  
2 tsp. baking powder  
1 egg  
1 cup buttermilk

Preheat 2 Tbsp. shortening in cast iron skillet in 400°F oven. Mix all ingredients. Add heated shortening to batter and put batter into heated skillet. Bake in 400°F oven 25-35 minutes or until brown.



### 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



Call us for our **FREE CATALOG & RECIPES**  
800.525.0177  
[www.HodgsonMill.com](http://www.HodgsonMill.com)