

Apples & More Muesli

I281F

Muesli Cookies

½ cup butter, room temperature
1 cup sugar
1 egg
1 tsp. vanilla
½ cup peanut butter
1 cup Hodgson Mill Naturally White Flour
½ tsp. baking powder
½ tsp. baking soda
½ tsp. salt
1 cup Hodgson Mill Muesli

Preheat oven to 350°F. Lightly grease 2 large cookie sheets.

In a large bowl cream together butter and sugar until fluffy. Mix the egg and vanilla together gradually, beat into butter mixture. Stir in peanut butter, blending thoroughly.

In a separate bowl, sift together flour, baking powder, baking soda and salt. Add dry ingredients and Hodgson Mill Muesli to the creamed mixture and blend well.

Drop by tablespoonfuls onto prepared cookie sheets.

Bake at 350°F for 15 minutes or until golden brown. Remove from cookie sheets and cool on racks.

Yields: 3 dozen cookies

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RICH IN WHOLE GRAIN

TO HELP REDUCE THE RISK OF HEART DISEASE AND CERTAIN CANCERS.

"Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat and cholesterol may reduce the risk of heart disease and certain cancers!"

Manufactured by: Hodgson Mill, Inc.

GREAT WHOLE GRAIN SNACK

Apples & More Muesli

Cold or Hot Cereal

Crunchy Oats • Tender Apples & Raisins
Flax Seed & more

NET WT 16oz. 454g

Sealed Inner Pouch

Nutrition Facts

Serving Size: 1/4 Cup (35 g)
Servings Per Container: about 13

Amount Per Serving	Calories 150	Calories From Fat 25
		% Daily Value*
Total Fat 3g		5%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 0mg		0%
Total Carbohydrate 21g		7%
Dietary Fiber 4g		16%
Soluble Fiber 1g		
Insoluble Fiber 3g		
Sugars 5g		
Protein 5g		
Vitamin A 0%	Vitamin C 0%	
Calcium 0%	Iron 10%	

*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	2400mg	2400mg
Total Carbohydrate	Less than	300g	375g
Dietary Fiber		25g	

ALL NATURAL INGREDIENTS:
Whole Grain Rolled Oats, Dried Apples, Raisins, Sunflower Kernels, Rolled Red Wheat, Rolled Barley, Rolled Rye, Flax Seed

Produced in a peanut/tree nut free environment.

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 bottom of this box and your purchase price to: Hodgson Mill, Inc. 1100 Stevens Avenue Effingham, IL 62401 • (800)525.0177 www.HodgsonMill.com

CARTON MADE WITH **100% Recycled Paperboard**
MINIMUM 30% POST CONSUMER CONTENT

This package sold by weight, not by volume. Contents may have settled during shipping.

Muesli Cold Cereal Directions
Mix 1/2 cup of Hodgson Mill Muesli with 1/2 cup of milk. Add yogurt and fruit (optional). For a softer cold cereal, pour milk onto cereal and let stand for 10 minutes.

Muesli Hot Cereal Microwave Directions
In a microwave safe bowl, mix 1/2 cup of Hodgson Mill Muesli and 1/2 cup water. Stir and microwave on high for 2 to 4 minutes.

Muesli Hot Cereal Stove Top Directions
In a pan, bring 1/2 cup Hodgson Mill Muesli and 1/2 cup water to a boil, simmer 1-2 minutes. Yields: 3/4 cup (2 servings)

Muesli Yogurt Muffins

1 cup Hodgson Mill Muesli	2 tsp. baking powder
1 cup vanilla yogurt	1/2 tsp. baking soda
1/4 cup butter, room temperature	1/2 cup sugar
1 egg	1/2 tsp. salt
1/2 cup Hodgson Mill Whole Wheat Graham Flour	3 Tbsp. milk
3/4 cup Hodgson Mill Naturally White Flour	1/2 cup chopped nuts, (optional)

In a bowl, stir Muesli into yogurt and let soften for 1 hour. Preheat oven to 375°. Grease muffin cups or use liners. In a bowl mix together butter and sugar until fluffy. Beat egg and add to mixture. In a separate bowl, blend together flours, baking powder, baking soda and salt. Stir milk into yogurt mixture, add dry ingredients and stir together until blended. Fold in nuts if desired. Spoon evenly into prepared muffin cups. Bake at 375° for 20-30 minutes or until golden brown. Yields: 12 muffins.

COOKING WITH CAROL

FOR MORE RECIPES GO TO www.HodgsonMill.com

Carol Stine, a professional home baker and food developer, is the co-author of the cookbook "Blue Ribbon Breads". As a food consultant for Hodgson Mill for 16 years, Carol takes great pleasure in promoting the many health benefits of Hodgson Mill products. Residing in Kentucky with her husband, Carol works diligently at perfecting the superior taste and the wholesome ingredients that go into each product. Taste-tested on both family and friends, Carol ensures that all of Hodgson Mill's products are complete with "whole grain goodness" as well as a great tasting product that your entire family will enjoy!



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