

RICH & DELICIOUS  
*Brownie Mix*  
made with WHOLE WHEAT FLOUR  
& MILLED FLAX SEED

Milled Flax Seed  
All Natural

Whole Wheat Flour  
Cholesterol Free




RICH & DELICIOUS  
*Brownie Mix*  
made with WHOLE WHEAT FLOUR  
& MILLED FLAX SEED



SEE OUR REDUCED FAT  
RECIPE ON BACK!

450mg  
Omega-3 Oils  
per serving!

DO YOU  
EAT WHOLE  
FLAX SEED?

 If so, you  
may not get  
its entire nutritious  
Omega-3 Oil benefits.  
Our specially Milled  
Flax Seed is broken  
down for you,  
giving your body  
the opportunity to  
fully absorb its heart  
healthy **Omega-3**  
**Oils... 450 mg**  
**per serving!**

Look for the entire  
line of Hodgson Mill®  
naturally wholesome  
and healthful food  
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**Pasta and Baking Mix**  
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Spec: 19577  
32037-3 4  
PK3889-12  
MD-0914



USE BY:



I320C

**Nutrition Facts**

Serving Size 3 Tbsp. dry (34g)  
Servings Per Container Approx. 10

Amount Per Serving (Dry)  
Calories 120 Calories from Fat 5

	% Daily Value*
<b>Total Fat</b> 0.5g	1%
<b>Saturated Fat</b> 0.5g	3%
<b>Trans Fat</b> 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 80mg	3%
<b>Total Carbohydrate</b> 28g	9%
<b>Dietary Fiber</b> 2g	8%
<b>Sugars</b> 19g	
<b>Protein</b> 3g	

Vitamin A 0% Vitamin C 0%  
Calcium 0% Iron 2%

\*Percent Daily Values are based on a  
2,000 calorie diet. Your daily values may be  
higher or lower depending on your caloric  
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	300g	375g	
Dietary Fiber	25g	30g	

INGREDIENTS: TURBINADO SUGAR; WHOLE  
WHEAT PASTRY FLOUR; COCOA; MILLED  
FLAX SEED; SALT.

**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  
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Hodgson Mill, Inc.  
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Effingham, IL 62401  
(800) 525.0177



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



All Natural - No Preservatives, Additives or Artificial Ingredients.

*Whole Wheat Brownies with Milled Flax Seed*

1 Box (12oz.) Hodgson Mill Brownie Mix  
1/4 cup vegetable oil  
1/2 stick (4 Tbsp.) butter or margarine  
2 large eggs

Preheat oven to 350° F. Prepare 8x8 baking pan by spraying with non-stick coating. Melt butter or  
margarine in microwave. Combine melted butter or margarine, vegetable oil, and brownie mix. Mix until  
uniform with a wooden spoon or spatula. Add eggs\*. Mix well. Spread into a prepared 8x8 baking pan.  
Bake for 20-24 minutes or until an inserted toothpick comes clean. Allow to fully cool before cutting.

**REDUCED FAT RECIPE!**

1 Box (12oz.) Hodgson Mill Brownie Mix  
1/3 cup sweetened or unsweetened applesauce  
1/2 stick (4 Tbsp.) butter or margarine  
1 large egg

Preheat oven to 350° F. Melt butter or margarine in  
microwave. Mix melted butter or margarine and brownie  
mix. Mix until uniform with a wooden spoon or spatula.  
Add egg\* and applesauce. Mix well. Spread into a prepared  
8x8 baking pan. Bake for 20-24 minutes or until an inserted  
toothpick comes clean. Allow to fully cool before cutting.  
If desired, top with reduced-fat whipped cream.

\*For a chewier brownie, add 2 Tbsp. of water with the eggs.

