Brownie Mix

made with WHOLE WHEAT FLOUR & MILLED FLAX SEED

RICH & DELICIOUS

made with WHOLE WHEAT FLOUR

& MILLED FLAX SEED

DO YOU EAT WHOLE FLAX SEED?

Milled Flax Seed

All Natural

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 products in the Flour. Corn Meal, Cereal, Pasta and Baking Mix sections of your supermarket.

www.HodgsonMill.com

Visit our website or call us for our FREE CATALOG & RECIPES! (800)525.0177

NET WT 12 oz. 340 g

Sealed Inner Pouch

Whole Wheat Flour

Cholesterol Free

SEE OUR REDUCED FAT

RECIPE ON BACK!

USE BY:

(1) Parve



1320C



Total Fat 0.5g

Saturated Fat 0.50 3% Trans Fat 0g Cholesterol 0mg Sodium 80mg 3% Total Carbohydrate 28g 9% Dietary Fiber 2g

Sugars 19g Protein 3g

Vitamin A 0% Vitamin C 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 calorio

	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

WHEAT PASTRY FLOUR; COCOA; N FLAX SEED; SALT.



Hodgson Mill, Inc. is dedicated to satisfying consumer deman for fine quality, healthy food products. If for any reason yo 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





All Natural - No Preservatives, Additives or Artificial Ingredients.

Whole Wheat Brownies with Milled Flax Seed

1 Box (12oz.) Hodgson Mill Brownie Mix

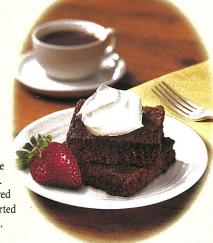
1/4 cup vegetable oil 1/2 stick (4 Tbsp.) butter or margarine 2 large eggs

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.



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

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.





