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 **RICH IN  
WHOLE  
GRAIN**  
to help reduce the  
risk of heart disease and  
certain cancers.  
*The Food and Drug Administration  
agrees that "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 some cancers!"*

 **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.  
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wholesome and healthful food  
products in the **Flour, Corn  
Meal, Cereal, Pasta** and  
**Baking Mix** sections of  
your local store.

# WHOLE WHEAT

## MUFFIN MIX

Whole Grain, Stone Ground

Good Source of Fiber  
Cholesterol Free  
No Trans Fat  
Low Fat



# WHOLE WHEAT



 **RICH IN  
WHOLE GRAIN**  
to help reduce the risk of  
heart disease and certain cancers.

©Parve

NET WT. 7 OZ. (198g)



USE BY:

# HODGSON MILL

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WHOLE GRAIN ♦ GOOD FOOD™

### Nutrition Facts

Serving Size: 1/4 cup dry (36g)  
Servings Per Container: about 6

Amount Per Serving  
Calories 130 Calories From Fat 5

% Daily Value\*

Total Fat 1g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 235mg 10%

Total Carbohydrate 27g 9%

Dietary Fiber 3g 12%

Sugars 5g

Protein 4g

Vitamin A 0% Vitamin C 0%

Calcium 2% Iron 8%

\*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:** WHOLE GRAIN STONE-GROUND  
WHOLE WHEAT FLOUR, BROWN SUGAR,  
MOLASSES (SOY LECITHIN), WHEAT STARCH,  
LEAVENING (GDL, BAKING SODA), SALT.

Produced in a peanut/tree  
nut free environment.



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

MANUFACTURED BY HODGSON MILL, INC.

# HODGSON MILL

## WHOLE WHEAT

*Have a Grain Day!*

### MUFFIN MIX

### BASIC WHOLE WHEAT MUFFINS

1 box (7 oz.) **Hodgson Mill  
Whole Wheat Muffin Mix**  
1 Tbsp. butter or vegetable oil  
3/4 cup 2% milk  
1 egg

Preheat oven to 400°F. Line 6 muffin cups with paper liners or grease  
muffin cups. Place contents of package into mixing bowl; cut in butter or  
vegetable oil. Add milk and egg. Mix just until blended. Spoon batter into  
paper liners or greased muffin cups. Bake 15 minutes. *Yield: 6 muffins.*

### APPLESAUCE WHOLE WHEAT MUFFINS

1 box (7 oz.) **Hodgson Mill  
Whole Wheat Muffin Mix**  
1 Tbsp. butter or vegetable oil  
1 egg

3/4 cup Applesauce  
1/2 tsp. cinnamon

Preheat oven to 400°F. Line 6 muffin cups with paper liners or grease  
muffin cups. Place contents of package into mixing bowl; cut in butter  
or vegetable oil. Add remaining ingredients and mix just until blended.  
Spoon batter into paper liners or greased muffin cups. Batter will be thick.  
Bake 15 minutes. *Yield: 6 muffins.*

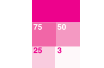
WHOLE GRAIN ♦ GOOD FOOD™

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Cyan



Magenta



Yellow



HM  
Logo  
Blue



540



HM  
Logo  
Brown



Black

