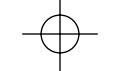


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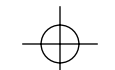
Nutrition Facts			
Serving Size 2 Tbsp. (13g)			
Servings Per Container 26			
Amount Per Serving			
Calories 60		Calories from Fat 40	
		% Daily Value*	
Total Fat	5g		8%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0g		0%
Sodium	0g		
Total Carbohydrate	4g		1%
Dietary Fiber	4g		15%
Sugars	0g		
Protein	3g		
Vitamin A	0%	Vitamin C	0%
Calcium	2%	Iron	4%
*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	20 g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

INGREDIENTS: 100% MILLED FLAX SEED

Refrigerate after opening.
Produced in a peanut/tree nut free environment.

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



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MILLED FLAX SEED

HODGSON MILL

Add to
SALADS, CEREALS,
SMOOTHIES, JUICES,
YOGURT & MORE!



MILLED FLAX SEED

- All Natural
-
- 2600 mg of OMEGA 3-OILS per serving!
-
- Good Source of Fiber
-
- Gluten Free
-
- No Sugar
-
- No Cholesterol
-
- No Salt

A HEALTHY ADDITION TO YOUR FAVORITE RECIPES!



Sealed inner pouch

Parve

NET WT 12 oz. 340 g

One of Nature's richest plant sources of OMEGA-3 OILS!

MILLED FLAX SEED



USE BY:

STRAWBERRY BANANA SMOOTHIE

- 1/2 cup low fat milk
- 1 1/2 cup fat-free vanilla ice cream or frozen yogurt
- 1 cup fresh or frozen strawberries
- 2 medium ripe bananas, chunked
- 3Tbsp. Hodgson Mill Milled Flax Seed
- 2 Tbsp. honey

Place all ingredients in a blender and mix on medium-high speed for 45 seconds or until smooth. Pour into a glass and serve immediately.

DID YOU KNOW?

Milled Flax Seed may be used as a Fat Substitute in most recipes. Generally, 3 Tbsp. Milled Flax Seed can replace 1 Tbsp. fat or oil. Likewise, 1 Tbsp. Milled Flax Seed plus 3 Tbsp. of water can replace 1 egg. Don't give up if your results aren't perfect the first time.

Experiment • Be Healthy • Have Fun!

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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.

HODGSON MILL

GOLDEN FLAX BREAD

- 7/8 cup water
- 2 Tbsp. butter*
- 3 Tbsp. molasses
- 1 tsp. salt
- 2 Tbsp. Hodgson Mill Milled Flax Seed
- 1 Tbsp. Vital Wheat Gluten, opt.
- 2-1/2 cups Hodgson Mill Best for Bread Flour
- 1-1/2 Tbsp. Non-fat dry milk
- 1-1/2tsp. Hodgson Mill Fast Rise Yeast

Add ingredients to the bread machine in the order suggested by the manufacturer. Select basic cycle with a light or medium color setting. Yield: 1-1/2 pound loaf

*Golden Flax Bread: You can replace the butter by adding 6 more Tablespoons of Milled Flax Seed and 2 more Tablespoons of water.

WHOLE WHEAT FLAX'N APPLE MUFFINS

- 1/4 cup Hodgson Mill Milled Flax Seed
- 3/4 cup Hodgson Mill Whole Wheat Graham Flour
- 3/4 cup Hodgson Mill Naturally White Flour
- 1/2 cup sugar
- 2 tsp. baking powder
- 1/2 tsp. baking soda
- 1/2 tsp. salt
- 1 egg, beaten
- 1-1/2 cups finely chopped apples
- 3 Tbsp. vegetable oil
- 1/2 cup milk
- 1/2 cup chopped nuts

Blend dry ingredients together in a bowl. In a separate bowl, combine egg, vegetable oil and milk. Add dry ingredients to egg mixture and stir until just blended. Fold in apples and nuts. Batter will be thick. Fill well-greased muffin cups 2/3 full. Bake at 400 degrees F for 18 - 20 minutes or until top springs back when touched. Yield: 12 muffins

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