



Certified Gluten Free by the Celiac Support Association.



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**Have a Grain Day!™**

**HODGSON  
MILL®**

Since 1882, Hodgson Mill has provided wholesome products that are delicious and nutritious. The original mill stands today as a testament to ingenuity, hard work and perseverance. Those traditional values still drive us today, in a state of the art facility where we provide quality and service unparalleled.

#### Directions:

1. Combine 1 part cereal to 3 parts water in small saucepan on stovetop. For 1 serving, combine ¼ cup of dry cereal with ¾ cup of water. Makes about a ½ cup cooked cereal. For a larger quantity, combine entire package with 2 ¾ cups water. Makes 2 ½ cups of cooked cereal.
2. Bring to a boil.
3. Reduce heat to medium-low and simmer uncovered for 15-17 minutes, stirring occasionally until mixture is thick and creamy.
4. Sweeten to taste. Serve warm.

#### Excellent with:

- A touch of butter and milk
- Brown sugar and cinnamon
- Raisins, dried cranberries, or diced apples

**Produced in a peanut free facility.**

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

For our full line of products, information, recipes & more, visit

**HodgsonMill.com**



#### Nutrition Facts

Serving Size 1/4 cup (43g)  
Servings Per Container about 3.5

Amount Per Serving

**Calories 160**      **Calories from Fat 20**

% Daily Value\*

**Total Fat 2g**      **3%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 0mg**      **0%**

**Potassium 160mg**      **5%**

**Total Carbohydrate 31g**      **10%**

Dietary Fiber 3g      **12%**

Sugars 1g

**Protein 5g**

Vitamin A 0%      • Vitamin C 0%

Calcium 2%      • Iron 10%

Phosphorus 15%      • Magnesium 15%

\*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
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

**INGREDIENTS:** Gluten Free Steel Cut Oats,  
Pearled & Cracked White Sorghum, White Quinoa.



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