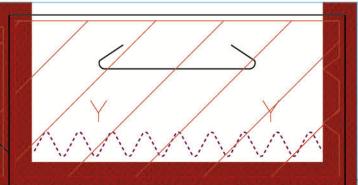


STONE GROUND RNBREAD MUFFIN MIX

Have a Grain Day!









# Have a Grain Day!



risk of heart disease and certain cancers.

The Food and Drug Administration states 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!"



Certified by the Whole Grains Council to have 30 grams or more per serving.





Our Customer Service Team is always happy to hear from you. Comments and questions welcome Hodgson Mill, Inc. 1100 Stevens Ave. Effingham, IL 62401 800.525.0177

#### HodgsonMill.com

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





## **Nutrition Facts**

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

Amount	Per	Serving
_		

**Good Source** 

Of Fiber

Calories 130 Calorie	es from Fat 10
	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 340mg	14%
Total Carbohydrate 27g	9%
Dietary Fiber 3g	12%
Carrier Control Control	

Sugars 5g	J		
Protein 4g			
Vitamin A 0%	•	Vitamin C	0%
Calcium 0%	•	Iron 4%	
*Percent Daily V calorie diet. You lower depending	r daily value on your ca	s may be hig lorie needs:	
	Calones:	2,000	2,500

alories per gram: Fat 9 • Carbohydrate 4 • Protein 4 INGREDIENTS: Whole Grain Stone Ground Yellow Corn Meal, Stone Ground Whole Wheat Flour, Sugar, Leavening (GDL, Baking Soda), Salt.

Hodgson Mill, Inc. 1100 Stevens Ave. Effingham, IL 62401 800.525.0177 Produced in a peanut/tree nut free facility.

## Basic Cornbread Muffins —

1 box (7-1/2 oz.) Hodgson Mill Cornbread Muffin Mix

1 Tbsp. butter or vegetable oil 3/4 cup milk

1 egg

Preheat oven to 400°F. Grease an 8" x 8" pan, 10" cast iron skillet or 6 muffin tins. Place contents of package into mixing bowl; cut in butter or vegetable oil. Add milk and egg. Mix just until blended. Pour batter into prepared pan or muffin tins. Bake 18-20 minutes. Yield: 6 servings.

### - Mexican Cornbread -

1 box (7-1/2 oz.) Hodgson Mill Cornbread Muffin Mix

1 Tbsp. butter or vegetable oil

1/3 cup shredded cheddar cheese 2 Tbsp. Jalapeño pepper, seeded and

Preheat oven to 400°F. Generously grease an 8" x 8" baking pan. Place contents of package into mixing bowl; cut in butter or vegetable oil. Add remaining ingredients. Mix just until blended. Pour batter into pan. Bake 20-25 minutes.

Yield: 9 servings.













**USE BY:** 



