

STONE GROUND  
CORNBREAD  
MUFFIN MIX

Have a Grain Day!™

STONE GROUND  
CORNBREAD  
MUFFIN MIX

Whole Grain

Good Source  
Of Fiber

HODGSON  
MILL

Have a Grain Day!™



**Rich in Whole Grains** to help reduce the 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.



STONE GROUND  
CORNBREAD  
MUFFIN MIX



Parve

NET WT 7.5 oz. 213 g



**Nutrition Facts**

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

Amount Per Serving	
<b>Calories</b> 130	<b>Calories from Fat</b> 10
<b>% Daily Value*</b>	
<b>Total Fat</b> 1g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 340mg	<b>14%</b>
<b>Total Carbohydrate</b> 27g	<b>9%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 5g	
<b>Protein</b> 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 4%

\*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
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories 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.

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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 minced or 2 Tbsp. dried Jalapeño spice  
3/4 cup milk  
1 Tbsp. minced onion  
1 egg

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.**



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USE BY:

