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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 food and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart

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Total Fat 1.5g Saturated Fat 0g

Nutrition Facts Serving Size 1/4 cup dry (36g) Servings Per Container 8

Trans Fat 0g Cholesterol 0mg 0% Sodium 220mg Total Carbohydrate 24g 8% Dietary Fiber 4g

Soluble Fiber <1g soluble Fiber 3g Sugars 3g

Protein 5a Vitamin A 0% Vitamin C 0% Calcium 15%

INGREDIENTS: STONE GROUND WHOLE WHEAT FLOUR, WHOLE DRIED CULTIVATED BLUEBERRIES (CULTIVATED BLUEBERRIES, SUGAR, SUNFLOWER OIL), MOLASSES (SOY LETHICIN), BROWN MILLED FLAX SEED, WHEAT STARCH, MONOCALCIUM PHOSPHATE, BAKING SODA, SALT, NATURAL BLUEBERRY FLAVORING.

Produced in a peanut/tree

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. Simply send the complete bottom of this box and your purchase price to:

> Hodgson Mill, Inc. 1100 Stevens Avenue Effingham, IL 62401 (800)525.0177



Real Blueberries Inside! Don't be surprised ~ Real dried cultivated blueberries are smaller. To preserve freshness and flavor we naturally dehydrate our berries, making them appear smaller. However, just add liquid and bake and you'll find they plump up ~ and have a wildly delicious taste!

Whole Wheat Blueberry Muffins with Milled Flax Seed

1 Box (10oz.) Hodgson Mill Whole Wheat Blueberry Muffin Mix

3 Tablespoons of sugar 4 Teaspoons vegetable oil 1 cup plus 2 Tablespoons milk 1 egg

Preheat oven to 400° F. Line 9-10 muffin cups with paper liners. Place Hodgson Mill Whole Wheat Blueberry Muffin Mix into mixing bowl and blend in sugar; add vegetable oil, milk and egg. Mix just until blended. Spoon batter into greased or lined muffin cups. Bake for 16 Minutes. Yield: 9-10 muffins.

Mini Blueberry Muffins with Milled Flax Seed

Use the same ingredients listed above.

Preheat oven to 400°F. Grease mini muffin tins. Place Hodgson Mill Whole Wheat Blueberry Muffin Mix into mixing bowl and blend in sugar; add vegetable oil, milk and egg. Mix just until blended. Fill mini muffin cups 2/3 full. Bake at at 400°F for 10 to 12 minutes or until golden brown. Yield: 24-30 mini muffins.

Whole Wheat Blueberry Pancakes with Milled Flax Seed

- 1 (10 oz) box Hodgson Mill Whole Wheat Blueberry Muffin Mix
- 3 Tablespoons of sugar
- 2 Tablespoons vegetable oil
- 1-1/2 cups milk 2 large eggs

Place muffin mix in a large bowl and blend in sugar. Combine oil, milk, and eggs together and pour into mix; stir until smooth. Batter will be thick. Preheat griddle to 360°F. Scoop 1/4 cup batter onto hot griddle for each pancake. Cook until small bubbles form on the edge of the pancake (2-3 minutes on each side). Turn pancake over and cook until golden brown. Yield 10-11 pancakes (4-inch).

Lower Cholesterol Whole Wheat Blueberry Pancakes

Prepare recipe as listed above, except substitute 2 egg whites in the place of each egg.







00% WHOLE GRAIN FLOUR

& MILLED FLAX SEED!



USE BY:

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NET WT. 10 oz. (283g)









