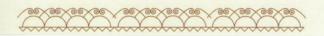
Corn Mush Flour



Net Wt. – 1 lb. (454g) Packaged Date



Ingredients:
Roasted white corn.

Recipe:

3 cups boiling water. 1 cup corn mush flour. 1/4 cup brown sugar (maple syrup).

Simmer first 2 ingredients about 10 mins., stir using a whisk to prevent sticking. Add syrup, nuts, and berries last to taste. Serve warm or cold. Makes about 4 cups.

Com Mush Flour Each

Serving S Servings			
Amount Per			
Calories	290 0	Calories fro	m Fat 40
		% Da	aily Value
Total Fa	t 4.5g		7%
Saturate	5a	3%	
Trans Fa		-3	
Choleste	erol 0 m	a	0%
Sodium 0 mg			0%
		rate 550	
Total Carbohydrate 55g Dietary Fiber 6g			24%
Sugars 1g			4-47
-	0		
Protein	og	-	
Vitamin A	004) Vitami	in C 00
		Vitamin C 0%	
Calcium 0%		Iron 8%	
*Percent Dai calorie diet. or lower dep	Your daily	values may	be highe
Total Fat	Less than		80g
	Less than		25g
Cholesterol			
Sodium		2,400mg	
		300g	
Dietary Fiber Calories per gram:		25g	30g

Nutrition Facts

Distributed by tsyunhékwa Processed by Oneida Cannery, Oneida, WI 54155