

Nutrition Facts

About 12 servings per container

Serving size

1/4 Cup Mix (38g)

	Per 1/4 cup dry mix		Per 1 muffin prepared	
Calories	140		270	
	% Daily Value*		% Daily Value*	
Total Fat	0.5g	1%	10g	13%
Saturated Fat	0g	0%	2g	10%
Trans Fat	0g		0g	
Cholesterol	5mg	2%	55mg	18%
Sodium	350mg	15%	390mg	17%
Total Carbohydrate	28g	10%	40g	15%
Dietary Fiber	<1g	3%	1g	4%
Total Sugars	8g		17g	
Incl. Added Sugars	5g	10%	12g	24%
Protein	4g		7g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	130mg	10%	160mg	10%
Iron	1.3mg	8%	1.6mg	8%
Potassium	100mg	2%	160mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

MAKES THREE BATCHES WITH BLUEBERRIES, CHERRIES, PEACHES, OR OTHER FRUIT

DIRECTIONS FOR 6 MUFFINS: Preheat oven to 400°F. Beat together 1 egg (or 2 egg whites), 1/4 cup milk and 2 tablespoons of vegetable oil. Add 1 cup of Blueberry Muffin Mix and combine gently. Sweeten 2/3 cup of blueberries (or your favorite fruit) to taste with up to 2 tablespoons sugar. Strain off excess liquid from fruit. Fold fruit into batter and fill 6 greased muffin wells. Bake for 14 to 18 minutes. Test for doneness.

INGREDIENTS: Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Cane Sugar, Dry Buttermilk, Baking Soda, Monocalcium Phosphate, Calcium Acid Pyrophosphate and Sea Salt.

This product is manufactured in a facility that also processes, Egg and Soy.

Blueberry Muffin Mix