

Nutrition Facts

About 14 servings per container

Serving size 3 Tbsp Dry Mix (32g)

	Per 3 Tbsp dry mix	Per 1 muffin prepared
Calories	110	190
	% Daily Value*	% Daily Value*
Total Fat	0g 0%	3g 4%
Saturated Fat	0g 0%	0.5g 3%
Trans Fat	0g	0g
Cholesterol	0mg 0%	0mg 0%
Sodium	320mg 14%	350mg 15%
Total Carbohydrate	25g 9%	39g 14%
Dietary Fiber	2g 7%	4g 14%
Total Sugars	8g	18g
Incl. Added Sugars	8g 16%	9g 18%
Protein	3g	3g
Vitamin D	0mcg 0%	0mcg 0%
Calcium	90mg 6%	110mg 8%
Iron	1.3mg 8%	1.5mg 8%
Potassium	0mg 0%	170mg 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.

ADD FRESH APPLES PLUS APPLE BUTTER OR APPLE SAUCE

DIRECTIONS FOR 6 MUFFINS: Mix 1-1/4 cups of this mix with 1/3 cup milk, 1 tablespoon vegetable oil and 1/4 cup of either apple butter or apple sauce. Peel and chop 2 apples to about 1/2" square x 1/4" thick and blend into batter. Fill 6 muffin liner cups (heaping full). Bake at 425°F for 18 to 22 minutes. Test for doneness.

INGREDIENTS: Stoneground Whole Wheat Flour, Bleached Wheat Cake Flour, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Brown Sugar, Cane Sugar, Ground Cinnamon, Baking Soda, Monocalcium Phosphate, Calcium Acid Pyrophosphate, Sea Salt and Natural Spices.

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

**Double Apple
Muffin Mix**