

KR PRO Gluten Free Wild Blueberry Muffin Mix 8 - 15.7 oz

Boxes

When it comes to pastries, its hard to find a more certified classic than the blueberry muffin. When making a gluten free option, we made sure it was the same moist, incredible tasting treat were all used to. Krusteaz Gluten Free Blueberry Muffins are the top of the muffin game and so easy to make. Simply add milk, butter and eggs to the mix and have mouth watering blueberry muffins after baking for about 20 minutes.



Shelf Life	Storage Temp Min	Storage Temp Max
365 days	45°F	90°F

Ingredients

Muffin Mix: Sugar, Brown Rice Flour (Rice Flour, Stabilized Rice Bran with Germ), Rice Flour, Food Starch-Modified, Arabic Gum, Leavening (Baking Soda, Sodium Aluminum Phosphate, Monocalcium Phosphate), Salt, Dextrose, Guar Gum, Soybean Oil, Tapioca Starch, Natural Flavor, Xanthan Gum, Citric Acid, Blueberries: Blueberries, Water.

Preparation and Cooking

- 3/4 Cup Milk (or cashew or almond milk)
- 3 Eggs
- 1/2 Cup Butter melted (or vegetable or coconut oil)
- 1. Heat oven to 375F. Line muffin pan with paper baking cups or lightly grease.
- 2. Drain and rinse blueberries in cold water; set aside.
- 3. Stir together milk, eggs, melted butter, and muffin mix gently, just until blended. Gently fold drained blueberries into batter. Fill muffin cups 3/4 full.
- 4. Bake as directed below or until light golden brown around edges. Cool 2 minutes; gently loosen and remove from pan. Store cooled muffins in tightly covered container.
- Yield 12 Standard Muffins, Temperature 375F, Bake 19-21 minutes
- Yield 24 Mini Muffins, Temperature 375F, Bake 16-18 minutes
- Tip: For Lemon Blueberry Muffins, add 1 tablespoon finely grated lemon zest. Do not eat raw batter.
- High Altitude(over 5,000 feet): Reduce bake time by 1-2 minutes.

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Allergens



Nutrition Facts

0 servings per Container	
Serving Size (fin mix and blueberries)	
Amount per serving	
Calories	250
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 500mg	22%
Total Carbohydrate 58g	21%
Dietary Fiber 2g	7%
Total Sugars 32g	
Includes 31g Added Sugars	62%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 1mg	2%
Potassium 60mg	0%

* The % Daily Value (DV) 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.