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KRUSTEAZ GLUTEN FREE BLUEBERRY MUFFIN MIX

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	32°F	90°F

Ingredients

MUFFIN MIX: Sugar, brown rice four (rice four, stabilized rice bran with germ), rice four, 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.

Nutrition Facts

0 servings per Container

Serving Size

2 muffins

Amount per serving

Calories

250

% Daily Value*

Total Fat 1g **1%**

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.

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Allergens

