



GTIN: 10041449473656

ITEM#: 722-1550

Krusteaz Protein Blueberry Box Muffin Mix

Made with real ingredients.
100% whole grain flour.
Wild Maine Blueberries can included.
Hearty protein - 12 G of Protein per serving.
No Artificial Flavors, colors or preservatives.



Shelf Life	Storage Temp Min	Storage Temp Max
365 days	32°F	95°F

Ingredients

MUFFIN MIX: Whole wheat flour, sugar, brown sugar, nonfat milk, wheat protein isolate, whole grain oat flour, ground flaxseed, whey protein isolate (milk protein), leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), soybean oil, natural flavor, arabic gum, dextrose, egg whites, salt, xanthan gum, citric acid, honey powder.

BLUEBERRIES: Blueberries, water.



Preparation and Cooking

1. Heat oven to 400 F. Line muffin pan with paper baking cups. Drain and rinse blueberries in cold water; set aside.
2. Stir together water, oil, eggs and muffin mix until blended. Do not over-mix. Gently stir in blueberries. Fill muffin cups 2/3 full.
3. Bake as directed below or until golden brown. Cool 5 minutes; gently loosen and remove from pan. Store cooled muffin in tightly covered container.

Nutrition Facts

6 servings per Container

Serving Size p mix 2 tsp blueberries

Amount per serving

Calories **260**

% Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 390mg	17%
Total Carbohydrate 50g	18%
Dietary Fiber 3g	11%
Total Sugars 30g	
Includes 26g Added Sugars	52%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 120mg	10%
Iron 1mg	8%
Potassium 230mg	4%

* 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

