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Krusteaz Protein Chocolate Chip Muffin Mix

It's not magic, Krusteaz really did find a way to make chocolate chips part of a hearty meal. Mouthwatering Krusteaz Chocolate Chip Protein Muffins have 13 grams of protein per serving, and they're quick and easy to make. Simply whisk eggs, water, and oil into the mix. Fill your muffin cups about two thirds full and bake for roughly 15 minutes. These mouthwatering muffins come in a 16.22 oz box.



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

Ingredients

Whole wheat flour, sugar, semi-sweet chocolate chips (sugar, unsweetened chocolate, cocoa butter, soy lecithin [emulsifier], vanilla extract), nonfat milk, wheat protein isolate, brown sugar, whole grain oat flour, ground flaxseed, whey protein isolate (milk protein), dextrose, soybean oil, leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), egg whites, arabic gum, xanthan gum, natural flavor (contains cocoa powder), salt, honey powder.

Preparation and Cooking

YOU WILL NEED: 3/4 Cup Water 1/2 Cup Vegetable Oil 3 Eggs

1 HEAT OVEN TO 400F. Line muffin pan with paper baking cups.

2 STIR together water, oil, eggs and muffin mix until blended. Do not over-mix. 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 muffins in tightly covered container.

YIELD TEMPERATURE BAKE TIME

12 Standard Muffins 400F 16-18 minutes

24 Mini Muffins 400F 12-14 minutes

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Allergens



Nutrition Facts

6 servings per Container

Serving Size

2 Muffins

Amount per serving

Calories

300

% Daily Value*

Total Fat 0g	0%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 53g	19%
Dietary Fiber 4g	14%
Total Sugars 32g	
Includes 28g Added Sugars	56%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 2mg	15%
Potassium 290mg	6%

* 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.