

BLUEBERRY MUFFIN

Ingredients : Fresh blueberries (19%) , Caster sugar , Soya yoghurt [SOYA] (Water,Hulled Soya Beans 7.3% [SOYA],Sugar,Glucose-Fructose Syrup,Stabiliser: Pectin,Acidity regulator: sodium citrate ,Acidity Regulator: Citric acid,Calcium (Tri-Calciumphosphate),Carrot Extract,Sea Salt,Vitamins (Riboflavin B2, B12, E, D2),Flavouring,Natural Flavours,Vanilla Powder,Antioxidants (Tocopherol-Rich Extract Ascorbyl,Palmitate),Yoghurt Cultures (S. Thermophilus, L. Bulgaricus) , Gluten free plain flour (Rice,Potato,Tapioca,Maize,Buckwheat) , Sunflower oil or rapeseed oil , Oat flour [OATS] (Gluten Free Oats) , Eggs [EGG] , Apple puree , Frozen blueberries , Potato flour (starch) , Butter [MILK] , Gluten free baking powder (Rice flour,Sodium Bicarbonate,sodium di hydrogen diphosphate) , Lemon zest , Cornflour , Vanilla essence (Water,Propylene Glycol,Colour: Plain Caramel,Flavouring) , Stabiliser: xanthan gum

Suitable for vegetarians

For allergens please see ingredients in bold.

Please note our Bakery handle Nuts, Milk, Eggs, Soya, Peanuts, Sesame and Sulphites.

Nutritionals

	Total Per item	Total Per 100 gr
Energy (Kj)	1924	1132
Energy (KCal)	459	270
Fat (g)	21	12
of which Saturates (g)	3	2
Carbohydrate (g)	79	46
of which Sugars (g)	31	18
Protein (g)	5.75	3.38
Fibre (g)	3.15	1.85
Salt (g)	0.50	0.30

Total Weight : 170 ge