

BLUEBERRY MUFFIN

Ingredients : Fresh blueberry (14%) , Caster sugar , Soya yoghurt [SOYA] (Water,Hulled Soya Beans 7.3% [SOYA],Sugar,Glucose-Fructose Syrup,Stabiliser: Pectin,Acidity regulator: sodium citrate (E331),Citric acid ,Calcium (Tri-Calciumphosphate),Carrot Extract,Sea Salt,Vitamins (Riboflavin B2, B12, 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 , Gluten free porridge oats , Free range eggs [EGG] , Apple sauce , Potato flour (starch) , Butter [MI LK] , Gluten free baking powder (Raising Agents(Mono Calcium Phosphate, Sodium Bicarbonate),Cornstarch) , Lemon zest , Vanilla essence (Water,Monopropylene Glycol,Natural Vanilla) , Xanthum gum

Suitable for vegetarians

Nutritionals

	Total Per item	Total Per 100 gr
Energy (Kj)	2223	1235
Energy (KCal)	531	295
Fat (g)	25	14
of which Saturates (g)	4	2
Carbohydrate (g)	90	50
of which Sugars (g)	34	19
Protein (g)	4.01	2.23
Salt (g)	0.63	0.35
Fibre (g)	2.46	1.37

Total Weight : 180 g^e