

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 [MILK] , 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