

**BANANA AND PECAN MUFFIN**

Ingredients : Banana (24%) , Coconut sugar , Gluten free self raising flour (Rice,Potato,Tapioca,Maize,Buckwheat,Raising Agents(Mono Calcium Phosphate, Sodium Bicarbonate),Xanthan Gum) , Coconut oil , Coconut yoghurt (Coconut Milk (99%),Tapioca Starch,Pectin ,Live Vegan Yoghurt cultures) , Free range eggs [EGG] , Ground almonds [NUTS] , Pecan pieces (6%) [NUTS] , Gluten free baking powder (Raising Agents(Mono Calcium Phosphate, Sodium Bicarbonate),Cornstarch) , Sodium bicarbonate , Ground cinnamon

Suitable for vegetarians

**Nutritionals**

	Total Per item	Total Per 100 gr
Energy (Kj)	609	1522
Energy (KCal)	146	365
Fat (g)	10	24
of which Saturates (g)	5	13
Carbohydrate (g)	13	32
of which Sugars (g)	8	19
Protein (g)	2.08	5.19
Salt (g)	0.18	0.45
Fibre (g)	0.59	1.47

Total Weight : 40 g<sup>e</sup>