

BLUEBERRY MINI MUFFIN

Ingredients : Caster sugar , Frozen blueberries , 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 , Fresh blueberry (9%) , Free range eggs [EGG] , Apple sauce , Gluten free porridge oats , 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) , Xanthan gum

Suitable for vegetarians

Nutritionals

	Total Per item	Total Per 100 gr
Energy (Kj)	341	1138
Energy (KCal)	82	272
Fat (g)	4	13
of which Saturates (g)	1	2
Carbohydrate (g)	14	47
of which Sugars (g)	5	18
Protein (g)	0.65	2.16
Salt (g)	0.10	0.33
Fibre (g)	0.40	1.33

Total Weight : 30 g^e