

VEGAN MORNING GLORY MUFFIN

Ingredients : Gluten free plain flour (Rice,Potato,Tapioca,Maize,Buckwheat) , Coconut sugar , Sunflower oil , Raisins (Raisins (99.5%),Vegetable oil) , Walnut pieces [NUTS] , Carrots , Apples , Soya milk [SOYA] (Hulled Soya Beans 6.5% [SOYA]) , Coconut milk (Coconut Extract,Water,Emulsifier polysorbate 50,Stabalisers (guar gum, sodium carboxy Methyl Cellulose)) , Pumpkin seeds , Sunflower seeds , Coconut chips , Desiccated coconut [SULPHITES] (Coconut,sulphur dioxide [SULPHITES] [SULPHITES]) , Water , Gluten free baking powder (Raising Agents(Mono Calcium Phosphate, Sodium Bicarbonate),Cornstarch) , Sodium bicarbonate , Xanthan gum , Natural vanilla (Vanilla Powder,Glycerine (E422)) , Ground cinnamon , Salt , Ground ginger

Suitable for vegetarians

For allergens please see ingredients in bold.

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

Nutritionals

	Total Per item	Total Per 100 gr
Energy (Kj)	2474	1455
Energy (KCal)	594	349
Fat (g)	38	22
of which Saturates (g)	12	7
Carbohydrate (g)	54	32
of which Sugars (g)	31	18
Protein (g)	7.82	4.60
Salt (g)	1.70	1.00
Fibre (g)	3.81	2.24

Total Weight : 170 ge