

VEGAN MORNING GLORY MUFFIN

**Ingredients :** Gluten free plain flour (Rice,Potato,Tapioca,Maize,Buckwheat) , Coconut sugar , Sunflower oil or rapeseed oil , Sultanas (Sultanas,Sunflower Oil) , Walnut pieces [NUTS] , Carrots , Apples , Soya milk [SOYA] (Hulled Soya Beans (8.8%) [SOYA]) , Biona coconut milk (Coconut water) , Desiccated coconut , Water , Gluten free baking powder (Rice flour,Sodium Bicarbonate,sodium di hydrogen diphosphate) , Pumpkin seeds , Sunflower seeds , Coconut chips , Stabiliser: xanthan gum , Natural vanilla (Glycerine,Vanilla Powder) , Ground cinnamon (Ground Cassia) , Salt , Ground ginger

Suitable for vegetarians

For allergens please see ingredients in bold.

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

Nutritionals

|                        | Total Per item | Total Per 100 gr |
|------------------------|----------------|------------------|
| Energy (Kj)            | 2418           | 1422             |
| Energy (KCal)          | 579            | 341              |
| Fat (g)                | 35             | 20               |
| of which Saturates (g) | 9              | 5                |
| Carbohydrate (g)       | 61             | 36               |
| of which Sugars (g)    | 34             | 20               |
| Protein (g)            | 5.69           | 3.35             |
| Fibre (g)              | 4.22           | 2.48             |
| Salt (g)               | 1.45           | 0.85             |

Total Weight : 170 ge