

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)	2417	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)	4.27	2.51
Salt (g)	1.45	0.85

Total Weight : 170 ge