

Gage Whole Grain Blueberry Muffin Mix

Just add milk or water and bake to make a classic breakfast or lunch treat any day of the year. Each batch of Gage's Whole Grain Blueberry Muffin Mix is packed with hundreds of mini blueberry nuggets! Add frozen bonus commodity blueberries for an even bigger blueberry experience



Basic Recipe

- 1 #10 can Gage Whole Grain Blueberry Muffin Mix
- 4 3/4 cups Milk or Water

1. In a suitable mixing container add contents of this can and liquid (milk or water).
2. Mix at slow speed mix for approximate 90 seconds (Note: Batter can be slightly lumpy)
3. For maximum crown in muffins let batter rest for 2 to 3 minutes.
4. Fill well greased muffin tins 1/2 full with batter and bake at 375°F for 20 - 30 minutes or until light golden brown.

Note: Due to oven variability, the first time you use this product it is best to perform toothpick tests.

Yield: 80 - 1.5 oz Muffins
Note: 480 Servings per Case

Meal Components Met Per Serving:
1 Bread

Nutrition Facts	as Packaged		as Prepared with Water	
	(28g)		(42g)	
Serving Size				
Servings Per Container				
Amount Per Serving				
Calories	110		110	
Calories from Fat	25		25	
	% Daily Value*		% Daily Value*	
Total Fat	3g	5%	3g	5%
Saturated Fat	1g	5%	1g	5%
Trans Fat	0g		0g	
Cholesterol	10mg	3%	10mg	3%
Sodium	190mg	8%	190mg	8%
Total Carbohydrate	21g	7%	21g	7%
Dietary Fiber	1g	4%	1g	4%
Sugars	10g		10g	
Protein	3g		3g	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:				
	Calories:	2,000	2,500	
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300 mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	
Calories per gram:				
Fat 9 • Carbohydrate 4 • Protein 4				
	Vitamin A	0%		0%
	Vitamin C	0%		0%
	Calcium	4%		4%
	Iron	4%		4%



Ordering Information:
Item Code: G0643
Pack Size: 6 / #10 cans
Servings per Case: 480

Call 800.323.0233 or visit us at www.gagefoods.com to place your order!