

Whole Grain Basic Muffin Mix

Just add milk or water and bake to make a classic breakfast or lunch treat any day of the year. Add frozen bonus commodity blueberries or other fruit for the awesome-est muffins ever!



Basic Recipe

- 1 #10 can Whole Grain Basic 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	Whole Grain Basic Muffin Mix as Packaged		As Prepared with Water	
	1 oz (1 muffin) (28g)	80	1.5 oz (1muffin) (42g)	80
Serving Size				
Servings Per Container				
Amount Per Serving				
Calories	120		120	
Calories from Fat	30		30	
% Daily Value*				
Total Fat	3.5g	5%	3.5g	5%
Saturated Fat	1g	5%	1g	5%
Trans Fat	0g		0g	
Cholesterol	10mg	3%	10mg	3%
Sodium	190mg	8%	190mg	8%
Total Carbohydrate	20g	7%	20g	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	6%		6%	
Iron	4%		4%	



Ordering Information:

Item Code: G5350

Pack Size: 6 / #10 cans

Servings per Case: 480

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