

GLUTEN FREE

MUFFIN MIX



EASY TO PREPARE

GLUTEN FREE

MUFFIN MIX

BAKES 12 MUFFINS
STAYS FRESH LONGER

FORTIFIED WITH:
IRON • CALCIUM • VITAMIN B

NO ARTIFICIAL PRESERVATIVES



Blueberries not included

NET WT 16 OZ (1 LB) 454g U

BEST IF BAKED BY:



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OUR RECIPE FOR

GLUTEN-FREE MUFFINS

YOU'LL NEED

- 6 tablespoons butter, melted or oil
- 3 large eggs
- 1 cup milk
- 1½ cups add-ins (optional)

BAKES
12 MUFFINS

Your muffins turn out perfectly every time with our mix. Tender, sweet muffins are easy to dress up with fruit, spices, nuts, and more.

TO MAKE NON-DAIRY:
USE OIL AND RICE, SOY,
OR ALMOND MILK

- 1 • **PREHEAT** oven to 375°F. Grease 12 cups of a standard muffin pan, or line with greased paper muffin cups.
- 2 • **STIR** together melted butter or oil, eggs, and milk. Add mix and whisk until smooth. If desired, add 1 1/2 cups of fresh berries, chopped nuts, dried fruit, or chips.
- 3 • **FILL** muffin cups almost full. Let batter rest for 10 minutes. Sprinkle with cinnamon sugar or coarse sugar, if desired.
- 4 • **BAKE** for 18-22 minutes, until a cake tester inserted in middle of one of the center muffins comes out clean.
- 5 • **COOL** in pan for 5 minutes before turning out onto rack to cool completely.

BAKERS TIP:

For quick bread: Preheat oven to 350°F and grease a 9" x 5" loaf pan. Prepare mix as directed. Pour into loaf pan and allow to rest 10 minutes. Bake for 55-65 minutes, tenting at 45 minutes. Cool for 10 minutes in pan before turning onto a rack to cool completely.

COMPLIMENTS OF
The King Arthur Flour Kitchen

NO COMPROMISES:

Our mixes are carefully crafted in our test kitchen through meticulous taste-testing (it's a tough job, but we're up to the challenge!) and blending to replicate our favorite recipes. The result? Wholesome mixes that make the finest gluten-free baked goods around. Simple ingredients, reliable results, and deliciousness for everyone to enjoy!

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100% EMPLOYEE-OWNED.
100% COMMITTED TO QUALITY.



ALL INGREDIENTS IN THIS MIX ARE
NON-GMO FROM THE SOURCE.
Learn more at:
KingArthurFlour.com/non-gmo



We're committed to using the
power of business as a force for
social and environmental good.

Nutrition Facts

Serving Size 4 Tbsp. mix (38g)
Servings Per Container 12

Amount Per Serving	Mix Prepared
Calories	130 200
Calories from Fat	0 70

% Daily Value**

Total Fat 0g*	0%	11%
Saturated Fat 0g	0%	20%
Trans Fat 0g		

Cholesterol 0mg	0%	22%
Sodium 290mg	12%	15%

Total Carbohydrate 32g	11%	11%
Dietary Fiber 3g	12%	12%
Sugars 15g		

Protein 1g

Vitamin A	0%	6%
Vitamin C	0%	0%
Calcium	20%	25%
Iron	10%	15%
Thiamin	15%	20%
Riboflavin	8%	15%
Niacin	10%	10%

*Amount in Mix. Prepared contributes an additional 70 Calories (70 Calories from Fat), 7 g Total Fat (4 g Saturated Fat), 65 mg Cholesterol, 80 mg Sodium, 1 g Total Carbohydrate (1 g Sugars), 2 g Protein.
**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	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	Less than	300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: CANE SUGAR, WHOLE GRAIN BROWN RICE FLOUR, POTATO STARCH, TAPIOCA STARCH, CELLULOSE, BAKING POWDER (BAKING SODA, CALCIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE), NATURAL FLAVOR, SALT, CORNSTARCH, VITAMIN AND MINERAL BLEND (CALCIUM CARBONATE, NIACINAMIDE (VITAMIN B3), REDUCED IRON, THIAMIN HYDROCHLORIDE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2)), XANTHAN GUM, NUTMEG.

DISTRIBUTED BY
THE KING ARTHUR FLOUR COMPANY, INC.
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800.827.6836 | kingarthurfLOUR.com

Do not eat raw mix, dough, or batter.

Produced in a GFCO-certified
gluten-free facility.

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