



# MUFFIN MIX



OUR SIGNATURE RECIPES

# MUFFIN MIX

Fast and easy! Wholesome and hearty muffins with real Vermont maple sugar and pecans in every bite.

MADE WITH VERMONT MAPLE SUGAR



NET WT 16 OZ (1 LB) 454g

## Nutrition Facts

Serving Size 1/4 cup mix (37g)  
Servings Per Container 12

| Amount Per Serving            | Mix Prepared    |     |  |
|-------------------------------|-----------------|-----|--|
| <b>Calories</b>               | 150             | 240 |  |
| Calories from Fat             | 35              | 110 |  |
|                               | % Daily Value** |     |  |
| <b>Total Fat 3.5g*</b>        | 5%              | 20% |  |
| Saturated Fat 1g              | 5%              | 30% |  |
| Trans Fat 0g                  |                 |     |  |
| <b>Cholesterol 5mg</b>        | 2%              | 23% |  |
| <b>Sodium 250mg</b>           | 10%             | 12% |  |
| <b>Total Carbohydrate 27g</b> | 9%              | 9%  |  |
| Dietary Fiber 2g              | 8%              | 8%  |  |
| Sugars 12g                    |                 |     |  |
| <b>Protein 3g</b>             |                 |     |  |
| Vitamin A                     | 0%              | 8%  |  |
| Vitamin C                     | 0%              | 0%  |  |
| Calcium                       | 10%             | 15% |  |
| Iron                          | 6%              | 8%  |  |
| Thiamin                       | 6%              | 8%  |  |
| Riboflavin                    | 4%              | 10% |  |
| Niacin                        | 4%              | 4%  |  |
| Folic Acid                    | 4%              | 6%  |  |

\*Amount in Mix. Prepared contributes an additional 90 Calories (80 Calories from Fat), 10 g Total Fat (5 g Saturated Fat), 65 mg Cholesterol, 30 mg Sodium, 1 g Total Carbohydrate (1 g Sugars), 3 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 |           | 300g    | 375g    |
| Dietary Fiber      |           | 25g     | 30g     |

INGREDIENTS: King Arthur White Whole Wheat Flour, King Arthur Unbleached Enriched Flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), Cane Sugar, Maple Sugar, Whole Grain Oat Flour, Pecans, Whole Milk, Baking Powder (monocalcium phosphate, baking soda, cornstarch), Natural Flavor, Sea Salt. CONTAINS: Milk, Wheat, Pecans.

THE KING ARTHUR FLOUR COMPANY, INC.  
NORWICH, VERMONT 05055  
800 827 6836 | KingArthurFlour.com

DO NOT EAT RAW MIX, DOUGH, OR BATTER.

Produced on equipment that also processes eggs, soy, almonds, hazelnuts, walnuts, and coconut.

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OUR SIGNATURE RECIPE FOR

## VERMONT MAPLE PECAN MUFFINS

Delicious homemade muffins are easy with our signature mix. Our maple pecan muffin recipe is made with real Vermont maple sugar. Bake it into tender muffins or make a simple, moist quick bread.



### YOU'LL NEED

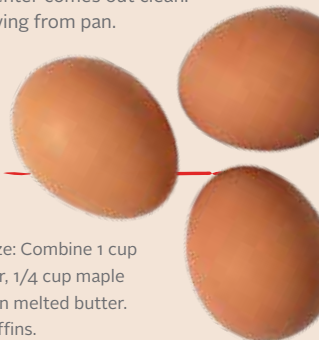
- 1/2 cup melted butter or vegetable oil
- 3 large eggs
- 3/4 cup milk

- PREHEAT oven to 375°F.
- WHISK together butter or oil, eggs and milk. Add the mix and stir until combined.
- FILL 12 greased or paper-lined muffin cups 3/4 full.
- BAKE for 18-22 minutes, until cake tester inserted in center of muffin comes out clean.
- COOL 5 minutes before removing from pan.

BAKES 12 MUFFINS OR 1 LOAF

### QUICK BREAD

Preheat oven to 350°F. Mix as directed above. Spoon batter into greased 9" x 5" loaf pan. Bake for 45-50 minutes, until cake tester inserted in center comes out clean. Cool 10 minutes before removing from pan.



### BAKER'S TIP:

For an easy maple glaze: Combine 1 cup of confectioners' sugar, 1/4 cup maple syrup, and 1 tablespoon melted butter. Drizzle over warm muffins.

### COMPLIMENTS OF

The King Arthur Flour Kitchen

OUR SIGNATURE RECIPE FOR

## VERMONT MAPLE PECAN MUFFIN MIX

Baking is about making something special, and trusting that it'll turn out every time. That's why we craft our mixes using tried-and-true, favorite recipes that we've perfected over the years — it's what makes our mixes so good.

We're bakers, too! Our 100% employee-owned company has been an expert resource for bakers everywhere for over 225 years. We're all about making your kitchens better and happier with top-quality baking essentials.

### BAKER'S HOTLINE. WE'RE HERE TO HELP.

Call or chat online with our friendly, experienced bakers.  
855.371.BAKE (2253)  
[KingArthurFlour.com/contact](http://KingArthurFlour.com/contact)

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



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

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