



# MUFFIN MIX

## OUR SIGNATURE RECIPE FOR APPLE CINNAMON MUFFINS

Delicious homemade muffins are easy with our signature mix. Our wholesome whole-grain apple cinnamon muffin recipe is made with real apples and a hint of spice. All you have to do is mix, bake, and enjoy warm baked goods!



### YOU'LL NEED

- 1 stick (8 tablespoons) melted butter or 1/2 cup oil
- 3 large eggs
- 1 1/4 cups milk

- 1 • **PREHEAT** oven to 375°F.
- 2 • **WHISK** together butter or oil, eggs, and milk. Add the mix and stir until combined.
- 3 • **FILL** greased or paper-lined muffin cups almost full and let it sit for 10 minutes to let the apples soften.
- 4 • **BAKE** for 14-18 minutes, until cake tester inserted in center of muffin comes out clean.
- 5 • **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 50-60 minutes, until cake tester inserted in center comes out clean. Cool 10 minutes before removing from pan.

### BAKER'S TIP:

Stir 1 cup of raisins or chopped nuts into the batter. Top with rolled oats before baking. Bakes 14-16 muffins.

### COMPLIMENTS OF

*The King Arthur Flour Kitchen*

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*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.



## OUR SIGNATURE RECIPES

# MUFFIN MIX

*Fast and easy! Tender, wholesome, and satisfying muffins packed with whole grains, real fruit, and warm spices.*

**MADE WITH  
REAL APPLES**



NET WT 16 OZ (1 LB) 454g

## Nutrition Facts

Serving Size 1/4 cup mix (38g)  
Servings Per Container 12

Amount Per Serving	Mix Prepared		
<b>Calories</b>	130	230	
Calories from Fat	0	90	
	% Daily Value**		
<b>Total Fat</b> 0.5g*	1%	15%	
Saturated Fat 0g	0%	25%	
Trans Fat 0g			
<b>Cholesterol</b> 0mg	0%	23%	
<b>Sodium</b> 230mg	10%	11%	
<b>Total Carbohydrate</b> 30g	10%	11%	
Dietary Fiber 3g	12%	12%	
Sugars 12g			
<b>Protein</b> 3g			
Vitamin A	0%	8%	
Vitamin C	0%	0%	
Calcium	8%	10%	
Iron	8%	8%	
Thiamin	6%	6%	
Riboflavin	2%	8%	
Niacin	4%	4%	
Folic Acid	4%	6%	

\*Amount in Mix. Prepared contributes an additional 100 Calories (90 Calories from Fat), 10 g Total Fat (5 g Saturated Fat), 70 mg Cholesterol, 30 mg Sodium, 2 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		300g	375g
Dietary Fiber		25g	30g

**INGREDIENTS:** King Arthur White Whole Wheat Flour, Cane Sugar, King Arthur Unbleached Enriched Flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), Apples, Oats, Baking Powder (monocalcium phosphate, baking soda, cornstarch), Molasses (molasses, maltodextrin), Cinnamon, Sea Salt, Spices. **CONTAINS: Wheat.**

THE KING ARTHUR FLOUR COMPANY, INC.  
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**DO NOT EAT RAW MIX, DOUGH, OR BATTER.**

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

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**BEST IF BAKED BY:**



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