

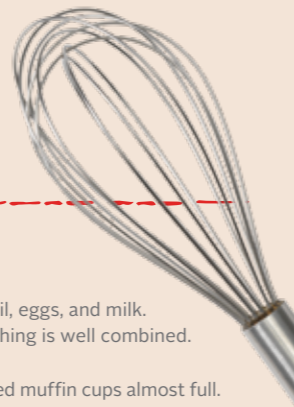


# MUFFIN MIX

OUR SIGNATURE RECIPE FOR

## LEMON POPPY SEED MUFFINS

Homemade muffins are easy with our signature mix. Our classic lemon poppy seed muffin recipe is bursting with bright citrus in every bite. Bake it into tender muffins or make a simple, moist quick bread.



### YOU'LL NEED

**1/2** cup melted butter or vegetable oil

**2** large eggs

**1** cup milk

**1** • PREHEAT oven to 375°F.

**2** • WHISK together butter or oil, eggs, and milk. Add mix, stirring until everything is well combined.

**3** • FILL 12 greased or paper-lined muffin cups almost full.

**4** • BAKE for 18-22 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 35-45 minutes, until cake tester inserted in center comes out clean. Cool 10 minutes before removing from pan.

### BAKER'S TIP:

For an easy lemon glaze: Combine 1 1/2 cups of confectioners' sugar, 2 tablespoons of lemon juice, and 1 tablespoon of melted butter. Drizzle over warm muffins.

### COMPLIMENTS OF

*The King Arthur Flour Kitchen*



OUR SIGNATURE RECIPE FOR

## LEMON POPPY SEED 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.



OUR SIGNATURE RECIPES

# MUFFIN MIX

*Fast and easy! Our classic, tender lemon poppy seed muffins are zesty with real citrus and crunchy with poppy seeds.*

**BAKES A.  
DELICIOUS  
QUICK BREAD**



NET WT 18 OZ (1 LB 2 OZ) 510g



## Nutrition Facts

Serving Size about 1/4 cup mix (43g)  
Servings Per Container 12

Amount Per Serving	Mix Prepared	
<b>Calories</b>	160	250
Calories from Fat	10	90
	% Daily Value**	
<b>Total Fat 1g*</b>	2%	15%
Saturated Fat 0g	0%	25%
Trans Fat 0g		
<b>Cholesterol 0mg</b>	0%	17%
<b>Sodium 260mg</b>	11%	12%
<b>Total Carbohydrate 35g</b>	12%	12%
Dietary Fiber 1g	4%	4%
Sugars 15g		

Protein 3g		
Vitamin A	0%	6%
Vitamin C	2%	2%
Calcium	6%	10%
Iron	6%	8%
Thiamin	10%	10%
Riboflavin	6%	10%
Niacin	6%	6%
Folic Acid	8%	10%

\*Amount in Mix. Prepared contributes an additional 90 Calories (80 Calories from Fat), 9 g Total Fat (5 g Saturated Fat), 50 mg Cholesterol, 30 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		300g	375g
Dietary Fiber		25g	30g

**INGREDIENTS:** King Arthur Unbleached Enriched Flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), Cane Sugar, Whole Yellow Cornmeal, Lemon Juice Powder (lemon juice solids, lemon oil), Poppy Seeds, Baking Powder (baking soda, corn starch, monocalcium phosphate, sodium acid pyrophosphate), Sea Salt, Natural Flavor. **CONTAINS: Wheat.**

THE KING ARTHUR FLOUR COMPANY, INC.  
NORWICH, VERMONT 05055  
800 827 6836 | [KingArthurFlour.com](http://KingArthurFlour.com)

**DO NOT EAT RAW MIX, DOUGH, OR BATTER.**

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

100308M406E

**BEST IF BAKED BY:**



Printed on 100% recycled (35% post-consumer) content. Please recycle.