

ALL-PURPOSE
KETO MUFFIN MIX



> 100% EMPLOYEE OWNED

NEW!

ALL-PURPOSE
KETO MUFFIN MIX

- > GLUTEN-FREE
- > GRAIN-FREE
- > NON-DAIRY
- > 0G ADDED SUGAR PER SERVING**

BAKER'S TIPS:

Raspberry Lime Muffins:
Gently stir 1 1/2 cups (1/2 pint) fresh raspberries and grated rind (zest) of 1 medium lime into batter before baking.

Milk Options:
Prepared as directed, this product is non-dairy. You can also use your favorite milk (dairy or plant-based), if desired. (This will change nutritional information.)

For guidelines on baking at high altitude visit BakeWith.Us/Altitude

We're here to help.
Call or chat online with our friendly bakers.

855-371-BAKE (2253)
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Certified We're committed to using the power of business as a force for social and environmental good.



ALL-PURPOSE
KETO MUFFIN
MIX



1g
NET CARBS
PER SERVING*

0g
ADDED SUGAR
PER SERVING**



* 20G TOTAL CARBS - 9G DIETARY FIBER - 10G ERYTHRITOL = 1G NET CARBS
** THIS IS NOT A LOW-CALORIE FOOD. SEE NUTRITIONAL INFORMATION FOR SUGAR AND CALORIE CONTENT. SERVING SUGGESTION, 3 SERVINGS SHOWN.

BEST IF BAKED BY:



ALL-PURPOSE KETO MUFFINS

MAKES 12 MUFFINS OR 1 LOAF QUICK BREAD

YOU'LL NEED

- 4 LARGE EGGS
If making quick bread, use 5 eggs.
- 1/2 CUP VEGETABLE OIL
- 1 CUP UNSWEETENED ALMOND MILK OR WATER

DIRECTIONS

- PREHEAT** oven according to chart below. Grease 12-cup muffin pan or 8 1/2" x 4 1/2" loaf pan.
- STIR** together eggs, oil, and milk or water until blended. Add mix and stir until smooth; batter will be thick. Stir in optional mix-ins or inclusions, up to 1 1/2 cups. Fill each muffin cup 3/4 full or scoop batter into loaf pan.
- BAKE** according to chart below, until golden brown and a toothpick inserted into center comes out clean. Cool in pan for 5 minutes before loosening edges and transferring to rack to cool completely.

BAKE TIMES & TEMPS

12 MUFFINS	375°F	28-33 MINUTES
1 QUICK BREAD	350°F	70-75 MINUTES



MIX IT UP WITH BACON CHEDDAR
JALAPEÑO MUFFINS

Loaded with bacon, smoked cheddar, and spicy jalapeños, this savory keto treat brings the heat. For the recipe: BakeWith.Us/MixItUp



Nutrition Facts

12 servings per container
(One serving = one muffin)

Serving size 1/4 cup mix (24g)

	Mix	Prepared
Calories	30	140
	% Daily Value*	% Daily Value*
Total Fat	1g 1%	12g 15%
Saturated Fat	1g 5%	2g 10%
Trans Fat	0g	0g
Cholesterol	0mg 0%	60mg 20%
Sodium	160mg 7%	200mg 9%
Total Carbohydrate	20g 7%	20g 7%
Dietary Fiber	9g 32%	9g 32%
Total Sugars	1g	1g
Incl. Added Sugars	0g 0%	0g 0%
Erythritol	10g	10g
Protein	1g	3g
Vitamin D	0mcg 0%	1mcg 6%
Calcium	42mg 4%	95mg 8%
Iron	1mg 6%	1mg 6%
Potassium	91mg 2%	129mg 2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: ERYTHRITOL, ORGANIC COCONUT FLOUR, CELLULOSE, SHORT CHAIN FRUCTAN FIBER, CELLULOSE AND PSYLLIUM FIBER BLEND, BAKING POWDER (BAKING SODA, CALCIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE), SALT, XANTHAN GUM, STEVIOL GLYCOSIDES.

CONTAINS: COCONUT.

DISTRIBUTED BY
KING ARTHUR BAKING COMPANY, INC.
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For information on allergens and cross-contact prevention, visit: KingArthurBaking.com/Allergen-Program

DO NOT EAT RAW MIX, DOUGH, OR BATTER.



BAKING WITH
JOY SINCE 1790

Our keto mixes are carefully crafted to deliver the best tasting baked goods that help you minimize net carbs without compromising on flavor. Made with ingredients you can feel good about.

ADD A
PERSONAL
TOUCH

With only 1g net carb* and an incredibly tender, moist texture, you can customize these keto muffins by adding 1 1/2 cups of your favorite mix-ins to make them your own!

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OUR KETO BAKING
PRODUCTS

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