ALL-PURPOSE KETO MUFFINS

MAKES 12 MUFFINS OR 1 LOAF QUICK BREAD

YOU'LL NEED



LARGE EGGS If making quick bread, use 5 eggs.



2 CUP VEGETABLE OIL



CUP UNSWEETENED ALMOND MILK OR WATER

DIRECTIONS

- 1. PREHEAT oven according to chart below. Grease 12-cup muffin pan or 8 ½" x 4 ½" loaf pan.
- 2. 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 ½ cups. Fill each muffin cup ¾ full or scoop batter into loaf pan.
- 3. 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

Nutrition Facts

12 servings per container (One serving = one muffin)

Serving size

1/4 cup mix (24g)

Calories	3	3 0		pared 10
	% 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

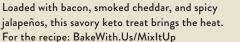
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DO NOT EAT RAW MIX. DOUGH, OR BATTER.



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ALL-PURPOSE KETO MUFFIN



BEST IF BAKED BY:





THIS IS NOT A LOW-CALORIE FOOD. SEE NUTRITIONAL INFORMATION FOR SUGAR AND CALORIE CONTENT. SERVING SUGGESTION. 3 SERVINGS SHOWN.

* 20G TOTAL CARRS - 9G DIFTARY FIRER - 10G FRYTHRITOL = 1G NET CARRS

ALL-PURPOSE KETO MUFFIN MIX

- > GLUTEN-FREE
- > GRAIN-FREE

NEW!

- > NON-DAIRY
- > OG ADDED SUGAR PER SERVING**

BAKER'S TIPS:

Raspberry Lime Muffins:

Gently stir 1 ½ cups (½ 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



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