



Miffy's[®]

APPLE SPICE MUFFIN

3" Cupcake Size

Free of Wheat / Vegan

Nutrition Facts	
Serving Size	1 muffin
Amount Per Serving	
Calories	150
% Daily Value*	
Total Fat 3.6g	6%
Saturated Fat <1g	1%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 86mg	4%*
Total Carbohydrate 27g	8%
Dietary Fiber 3g	12%
Total Sugars 13g	
Includes 8g Added Sugars	21%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 62mg	7%
Iron <1 mg	4%
Potassium 65mg	2%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.	

INGREDIENTS: Gluten Free Flour & Oat Mix (Brown Rice Flour, Potato Starch, Oat Bran, Oats, Tapioca Flour); Brown Sugar; Sugar; Cinnamon; Spices; Aluminum Free Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate); Xanthan Gum; Salt; Rice Milk; Flax Seed; Canola Oil; Fresh Apples; Apple Sauce.

ALLERGENS: Soy (Lecithin).

***Nutritional Values may vary slightly per muffin depending on the power of the Baker's scoop.