



# Miffy's<sup>®</sup>

## LEMON POPPYSEED MUFFIN

3" Cupcake Size

*Free of Wheat / Vegan*

<b>Nutrition Facts</b>	
<b>Serving Size</b>	1 muffin
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>165</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 5g	8%
Saturated Fat 0.4g	2%
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 0mg	0%*
<b>Sodium</b> 87mg	4%
<b>Total Carbohydrate</b> 25g	8%
Dietary Fiber 2.7g	10%
Total Sugars 11	
Includes 11g Added Sugars	18%
<b>Protein</b> 2.5g	
Vitamin D 0mcg	0%
Calcium 86mg	9%
Iron <1 mg	5%
Potassium 46mg	1%

\* 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; Aluminum Free Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate); Xanthan Gum; Salt; Rice Milk; Flax Seed; Canola Oil; Apple Sauce; Lemon Extract, Lemon Puree, Lemon Zest, Poppyseeds.

**ALLERGENS:** Soy (Lecithin).

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