

Gluten Free
GMO Free



Pancake, Waffle & Muffin Mix

Made with Canadian Wild Rice & Flax

Ingredients

Rice flour, potato starch, wild rice flour, flax meal, cane sugar, baking powder, tapioca flour.

- Light and fluffy
- Nutty flavour
- 1% sodium
- Savory mix
- Suitable for vegans
- Other applications - belinis, fritters, batter for deep frying, crepes

Gluten Free Muffin Mix

- 1 1/2 cups mix
- 2 large eggs
- 2/3 cup milk
- 3 medium bananas
- 1 tsp vanilla
- 1/2 cup brown sugar
- 1/4 cup vegetable oil
- 1/4 cup plain or flavoured yogurt
- 2/3 cup raisins

Preheat oven to 176C (350F)
Combine brown sugar, eggs vegetable oil, milk, Yogurt, bananas, raisins, vanilla. Mix by hand until blended.
Add muffin mix and mix by hand until blended.
Let stand for 10 mins.

UNIT SIZE	CASE PACK
2.5 kg	2

Fill 12 muffin tins with paper cups and fill approx. 2/3 full.
Bake for approx. 20-25 mins.
Remove from muffin tin and allow to cool.
Store in covered container to retain freshness.



Restaurant quality



Nutrition Facts	
Valeur nutritive	
Per 1/4 cup (45 g) / pour 1/4 tasse (45 g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories 140	
Fat / Lipides 0.5 g	1%
Saturated / saturés 0.1 g	1%
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	0%
Sodium / Sodium 3 mg	1%
Carbohydrate / Glucides 31 g	10%
Fibre / Fibres 2 g	8%
Sugars / Sucres 3 g	
Protein / Protéines 3 g	
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	0%
Calcium / Calcium	0%
Iron / Fer	2%

