

# GLUTEN FREE CHOCOLATE MUFFIN MIX

## Product Information

### Description

A rich indulgent Gluten Free chocolate muffin mix made with real cocoa. Suitable for those with Coeliac Disease. Simply add oil, egg and water. For a special treat add fruit, chocolate chips and nuts.

Certified by Coeliac UK product GB-163-006

Brand: Middletons

Description: Gluten Free Chocolate Muffin Mix

Pack Size: 3kg

Storage: Store in a cool dry place away from strong odours and direct sunlight

Order Code: **U009A**

(Internal Code: Y101 tub)

### Shelf Life

Unopened - 24 months

### Portion Yields

Dry Mix	500g
Oil	240ml
Eggs	4
Water	60ml

Makes approximately 14 x 65g muffins

### Features and Benefits

- ✓ Easy to use, just add oil, water and eggs.
- ✓ Suitable for Vegetarians
- ✓ Suitable for Vegans

### Nutritional Information

Nutritional Information	100g as sold
Energy (kJ)	1526
Energy (kcal)	359
Fat (g)	1.0
of which Saturates (g)	0.5
Carbohydrate (g)	86
of which Sugars (g)	45
Protein (g)	2.1
Salt (g)	1.5

30 x 100g portions as sold per 3kg tub



### Ingredients

Sugar, Maize Starch, Rice Flour, Reduced Fat Cocoa Powder (6.23%), Potato Starch, Raising Agents (E500(ii), E341(i)), Salt, Agar Gum, Thickener (Xanthan Gum), Chocolate Flavour (0.10%), Tapioca Starch, Flavouring, Acidity Regulator (Sodium Ascorbate).

### Allergens

For allergy advice see ingredients in **“bold”** and UPPERCASE

### Cooking Instructions

1. Place the weighed out mix in the mixing bowl.
2. Select the beater attachment.
3. In a separate container mix together all of the liquids.
4. Add the liquids to the dry mix for 1 minute on a slow speed.
5. Scrape down and mix for a further 3 minutes on a medium speed.
6. Additions of fruit or choc chips can be folded in at the end of the mixing time.
7. Scale at 65g into muffin cases.
8. Bake at 200°C/400°F/Gas Mark 6 (Fan Oven 180°C) for 25 minutes.
9. Cooking times and temperatures may vary.

### Gluten Free Vegan Muffins

Dry Mix	500g
Vegan Spread	230g
Soya Yoghurt	230g

Makes approximately 14 x 65g muffins

#### MAKE UP INSTRUCTIONS:

1. Add dry mix to a mixing bowl. Select beater attachment.
2. Then add the vegan spread to the dry mix and mix on slow speed for 2 minutes.
3. Add the yoghurt and mix on slow speed for 1 minute.
4. Scrape down and mix for a further 1 minute on slow speed.
5. Additions of fruit or choc chips can be folded in at the end of the mixing time.
6. Scale at 65g into muffin cases.
7. Bake at 200°C/400°F/Gas Mark 6 (Fan Oven 180°C) for 25 minutes.
8. Cooking times and temperatures may vary.