

GLUTEN FREE MULTI SPONGE & MUFFIN MIX

Product Information

Description

A versatile, luxurious Gluten Free Sponge and Muffin Mix. Multi-purpose, golden coloured plain homemade sponge with a good lift, making it suitable for sponge cakes, muffins, tray bakes and individual loaf cakes. Suitable for those with Coeliac Disease.

Certified by Coeliac UK product GB-163-017

Brand: Middletons

Description: Gluten Free Multi Sponge & Muffin Mix

Pack Size: 3kg

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

Order Code: **U029A**

(Internal Code: Y101 tub)

Shelf Life

Unopened - 24 months

Portion Yields

30 x 100g portions as sold per 3kg tub

Features and Benefits

- ✓ Gluten Free
- ✓ Suitable for Vegetarians
- ✓ Suitable for Vegans

Nutritional Information

Nutritional Information	100g as sold
Energy (kJ)	1502
Energy (kcal)	354
Fat (g)	0.4
of which Saturates (g)	0.1
Carbohydrate (g)	84
of which Sugars (g)	33.4
Protein (g)	3.3
Salt (g)	1.3

Approx 30 x 100g portions as sold per 3kg tub



Ingredients

Rice Flour, Sugar, Tapioca Starch, Potato Starch, Maize Starch, Raising Agents (E500(ii), E341(i)), Buckwheat Flour, Flavouring, Thickener (Xanthan Gum).

Allergens

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

Cooking Instructions

Cooking Instructions for Gluten Free Cakes

1. Weigh out dry mix into a mixing bowl and select the beater attachment. If making chocolate sponge or muffins, add in cocoa and mix on slow speed for 1 minute.
2. Add the softened butter, egg and milk to the mixing bowl and mix for 1 minute on slow speed.
3. Scrape down and mix for 2 minutes on medium speed.
4. Divide mix between 2 x 20cm (8in) lined sandwich tins OR scale into muffin cases at 65g each.
5. Bake at 200°C/400°F/Gas Mark 6 (Fan Oven 180°C) for 25-30 minutes.
6. Cooking times and temperatures may vary.

Ingredients	Quantity	
	Plain Sponge/Muffin	Chocolate Sponge/Muffin
Dry Mix	370g	370g
Eggs	3	3
Milk	75ml	75ml
Softened Butter	165g	165g
Cocoa Powder (If using)	--	15g

Cooking Instructions for Vegan Cakes

1. Weigh out dry mix into a mixing bowl and select the beater attachment. If making chocolate sponge or muffins, add in cocoa and mix on slow speed for 1 minute.
2. Add the vegan spread and mix until it resembles a breadcrumb texture, approx. 2 minutes on slow speed.
3. Add yoghurt and mix for 30 seconds on slow speed.
4. Scrape down and mix for a further 30 seconds on slow speed.
5. Divide mix between 2 x 20cm (8in) lined sandwich tins OR scale into muffin cases at 65g each.
6. Bake at 200°C/400°F/Gas Mark 6 (Fan Oven 180°C) for 30 minutes.
7. Cooking times and temperatures may vary.

Ingredients	Quantity	
	Plain Sponge/Muffin	Chocolate Sponge/Muffin
Dry Mix	370g	370g
Vegan Spread	157g	157g
Soya Yoghurt	157g	157g
Cocoa Powder (If using)	--	15g