



# Sweet Muffin Mix

## Manual

### 10kg

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## Plain Muffin Batter

Ingredients	Weight	Weight	Weight
	kg A	kg B	kg C
Foodfirst Sweet Muffin Mix	1.000	2.000	4.000
Water - 1 <sup>st</sup> addition	0.200	0.400	0.800
Water – 2 <sup>nd</sup> addition	0.200	0.400	0.800
<b>Total Batter Weight</b>	<b>1.400</b>	<b>2.800</b>	<b>5.600</b>

### Method:

1. Place muffin mix and 1<sup>st</sup> addition of the water into the mixing bowl. Using paddle beater blend on low speed for 1 minute . Scrape down and mix on speed 2 for 2 minutes. Add 2<sup>nd</sup> addition of water and on speed 1 for 1minute
2. Divide into variety of sizes and add extra ingredients as required from the variation recipes.
3. Deposit 70g (standard ) or 130g (Texas) as required into paper cup lined muffin tins.
4. Top with required muffin variety specific toppings as listed.
5. Bake at 190°C (deck oven) or 180°C (rack oven) for approximately 20 minutes. Texas muffins approx. 25 minutes.
6. Finish as per variation recipe (ie, Dusting sugar).
7. Display muffins in cabinet.

### Ingredients:

**Contains gluten-containing cereal,egg and milk as indicated** . Wheat flour,sugar,vegetable fats and oils ( emulsifiers 471,477) antioxidants(320)skim milk powder,egg powder,raising agents (450,500) salt, flavours,vegetable gum ( 415) colour (102,110) . **Produced on a line that also produces products containing soy**

## Apricot & Cream Cheese

<b>Ingredients</b>	<b>Weight</b>	<b>Weight</b>
	<b>kg</b>	<b>kg</b>
	<b>A</b>	<b>B</b>
Plain Muffin Batter	2.000	4.000
Apricot Fruit Filling	0.400	0.800
<b>Total Batter Weight</b>	<b>2.400</b>	<b>4.800</b>

### **Method:**

Fold Fruit Filling through Muffin batter.

Deposit 100g (medium) or 130g (Texas) muffin batter into muffin cups.

Place dot of Cream Cheese (3g medium/6g Texas) on muffin surface.

Yield	100g	24	48
Yield	130g	18	37

### **Ingredients:**

Wheat flour, sugar, fruit filling (17%) [apricot (60%), sugar, water, thickener (1442), food acid (330), preservatives (202,224)], egg, vegetable fats & oils, water, cream cheese (4%), milk powder, thickener (1422), raising agents (500,541), wheat gluten, salt, emulsifiers (471,477), stabiliser (415), preservative (202), flavour, colour (160a), antioxidant (320)

### **Nutrition Information#:**

	<b>Per Medium Serving (90g)</b>	<b>Per Texas Serving (115g)</b>	<b>Per 100g</b>
Energy	1460kJ	1860kJ	1620kJ
Protein	4.9g	6.3g	5.5g
Fat, total	19.1g	24.4g	21.1g
- saturated	5.1g	6.5g	5.7g
Carbohydrate	38.1g	48.7g	42.3g
- sugars	21.7g	27.7g	24.1g
Sodium	355mg	455mg	395mg

# All specified values are averages

## **Apple and Rhubarb**

<b>Ingredients</b>	<b>Weight</b>	<b>Weight</b>
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	kg A	kg B
Plain Muffin Batter	2.000	4.000
Apple & Rhubarb Fruit Filling	0.400	0.800
<b>Total Batter Weight</b>	<b>2.400</b>	<b>4.800</b>

### Method:

Fold Fruit Filling through Muffin batter.

Deposit 100g (medium) or 130g (Texas) muffin batter into muffin cups.

After baking and when cool sprinkle surface with Dusting Sugar

Yield	100g	24	48
Yield	130g	18	37

### Ingredients:

Wheat flour, sugar, fruit filling (17%) [apple (30%), rhubarb (30%), sugar, water, thickener (1442), food acid (330), preservative (202), antioxidant (300), colour (124)], egg, vegetable fats & oils, water, milk powder, thickener (1422), raising agents (500,541), wheat gluten, salt, emulsifiers (471,477), stabiliser (415), preservative (202), flavour, colour (160a), antioxidant (320).

### Nutrition Information#:

	Per Medium Serving (90g)	Per Texas Serving (115g)	Per 100g
Energy	1390kJ	1780kJ	1550kJ
Protein	4.8g	6.1g	5.3g
Fat, total	17.2g	22.0g	19.2g
- saturated	3.9g	5.0g	4.4g
Carbohydrate	38.8g	49.5g	43.1g
- sugars	22.4g	28.6g	24.9g
Sodium	330mg	420mg	365mg

## Peach & Passionfruit

<b>Ingredients</b>	<b>Weight</b>	<b>Weight</b>
	<b>kg</b>	<b>kg</b>
	<b>A</b>	<b>B</b>
Plain Muffin Batter	2.000	4.000
Peach & Passionfruit Fruit Filling	0.400	0.800
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<b>Total Batter Weight</b>	<b>2.400</b>	<b>4.800</b>

**Method:**

Fold Fruit Filling through Muffin batter.

Deposit 100g (medium) or 130g (Texas) muffin batter into muffin cups.

After baking and when cool sprinkle surface with Dusting Sugar

Yield	100g	24	48
Yield	130g	18	37

**Ingredients:**

Wheat flour, sugar, fruit filling (17%) [peaches (53%), sugar, water, passionfruit (7%), thickener (1442), food acid (330), preservatives (202,224), flavour, antioxidant (300), colour (102,110,155)], egg, vegetable fats & oils, water, milk powder, thickener (1422), raising agents (500,541), wheat gluten, salt, emulsifiers (471,477), stabiliser (415), preservative (202), flavour, colour (160a), antioxidant (320).

**Blueberry**

<b>Ingredients</b>	<b>Weight</b>	<b>Weight</b>
	<b>kg A</b>	<b>kg B</b>
Plain Muffin Batter	2.000	4.000
Blueberries (Frozen)	0.480	0.960
<b>Total Batter Weight</b>	<b>2.480</b>	<b>4.960</b>

### Method

Fold Blueberries through batter.

Deposit 100g (medium) or 130g (Texas) muffin batter into muffin cups.  
After baking and when cool sprinkle surface with Dusting Sugar.

Yield 100g	25	50
Yield 130g	19	38

### Ingredients:

Wheat flour, sugar, blueberries (19%), egg, vegetable fats & oils, water, milk powder, thickener (1422), raising agents (500,541), wheat gluten, salt, emulsifiers (471,477), stabiliser (415), preservative (202), flavour, colour (160a), antioxidant (320).

### Nutrition Information#:

	<b>Per Medium Serving (90g)</b>	<b>Per Texas Serving (115g)</b>	<b>Per 100g</b>
Energy	1310kJ	1670kJ	1450kJ
Protein	4.7g	6.0g	5.3g
Fat, total	16.8g	21.4g	18.6g
- saturated	3.8g	4.9g	4.2g
Carbohydrate	34.7g	44.3g	38.5g
- sugars	19.3g	24.6g	21.4g
Sodium	320mg	405mg	355mg

# All specified values are averages

**Tropical**

Ingredients	Weight	Weight
	kg A	kg B
Plain Muffin Batter	2.000	4.000
Tropical Fruit Filling	0.400	0.800
<b>Total Batter Weight</b>	<b>2.400</b>	<b>4.800</b>

#### Method:

Fold Fruit Filling through Muffin batter.

Deposit 100g (medium) or 130g (Texas) muffin batter into muffin cups.

After baking and when cool sprinkle surface with Dusting Sugar.

Yield	100g	24	48
Yield	130g	18	37

#### Ingredients:

Wheat flour, sugar, fruit filling (17%) [pineapple, mango, passionfruit, water, sugar, thickener (1442), food acid (330), preservatives (202,224), flavour, antioxidant (300), colour (160a)], egg, vegetable fats & oils, water, milk powder, thickener (1422), raising agents (500,541), wheat gluten, salt, emulsifiers (471,477), stabiliser (415), preservative (202), flavour, colour (160a), antioxidant (320).

#### Nutrition Information#:

	Per Medium Serving (90g)	Per Texas Serving (115g)	Per 100g
Energy	1390kJ	1780kJ	1550kJ
Protein	4.8g	6.1g	5.3g
Fat, total	17.2g	22.0g	19.2g
- saturated	3.9g	5.0g	4.4g
Carbohydrate	38.8g	49.5g	43.1g
- sugars	21.9g	28.0g	24.3g
Sodium	330mg	425mg	370mg

# All specified values are averages

## Black Cherry

Ingredients	Weight	Weight
	kg A	kg B
Plain Muffin Batter	2.000	4.000
Black Cherry Fruit Filling	0.400	0.800
<b>Total Batter Weight</b>	<b>2.400</b>	<b>4.800</b>

### Method:

Fold Fruit Filling through Muffin batter.

Deposit 100g (medium) or 130g (Texas) muffin batter into muffin cups.  
After baking and when cool sprinkle surface with Dusting Sugar.

Yield	100g	24	48
Yield	130g	18	37

### Ingredients:

Wheat flour, sugar, fruit filling (17%) [cherries (55%), water, sugar, thickener (1442), food acid (330), preservative (202), antioxidant (300), flavour], egg, vegetable fats & oils, water, milk powder, thickener (1422), raising agents (500,541), wheat gluten, salt, emulsifiers (471,477), stabiliser (415), preservative (202), flavour, colour (160a), antioxidant (320).

### Nutrition Information#:

	Per Medium Serving (90g)	Per Texas Serving (115g)	Per 100g
Energy	1390kJ	1770kJ	1540kJ
Protein	4.8g	6.1g	5.3g
Fat, total	17.2g	22.0g	19.2g
- saturated	3.9g	5.0g	4.4g
Carbohydrate	38.4g	49.1g	42.7g
- sugars	21.9g	28.0g	24.3g
Sodium	330mg	420mg	365mg

## Spiced Apple



<b>Ingredients</b>	<b>Weight</b>	<b>Weight</b>
	<b>kg</b>	<b>kg</b>
	<b>A</b>	<b>B</b>
Plain Muffin Batter	2.000	4.000
Spiced Apple Fruit Filling	0.400	0.800
<b>Total Batter Weight</b>	<b>2.400</b>	<b>4.800</b>

**Method:**

Fold Fruit Filling through Muffin batter.

Deposit 100g (medium) or 130g (Texas) muffin batter into muffin cups.

After baking and when cool sprinkle surface with Dusting Sugar.

Yield 100g	24	48
Yield 130g	18	37

**Ingredients:**

Wheat flour, sugar, fruit filling (17%) [apple (60%), sugar, water, thickener (1442), food acid (330), spices, preservative (202), antioxidant (300), flavour], egg, vegetable fats & oils, water, milk powder, thickener (1422), raising agents (500,541), wheat gluten, salt, emulsifiers (471,477), stabiliser (415), preservative (202), flavour, colour (160a), antioxidant (320).

**Nutrition Information#:**

	<b>Per Medium Serving (90g)</b>	<b>Per Texas Serving (115g)</b>	<b>Per 100g</b>
Energy	1400kJ	1790kJ	1550kJ
Protein	4.8g	6.1g	5.3g
Fat, total	17.3g	22.1g	19.2g
- saturated	3.9g	5.0g	4.4g
Carbohydrate	39.1g	50.0g	43.4g
- sugars	22.7g	29.0g	25.3g
Sodium	330mg	420mg	365mg

# All specified values are averages

**Coffee Walnut**

<b>Ingredients</b>	<b>Weight</b>	<b>Weight</b>
	<b>kg</b>	<b>kg</b>
	<b>A</b>	<b>B</b>
Plain Muffin Batter	2.000	4.000
Coffee Flavour Paste	0.015	0.030
Walnuts	0.100	0.200
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<b>Total Batter Weight</b>	<b>2.115</b>	<b>4.230</b>

**Method:**

Blend Coffee Flavour Paste and Walnuts evenly through batter.  
Deposit 100g (medium) or 130g (Texas) muffin batter into muffin cups.  
Top with chopped walnuts.

Yield	100g	21	42
Yield	130g	16	32

**Ingredients:**

Wheat flour, sugar, egg, vegetable fats & oils, walnuts (5%), water, milk powder, thickener (1422), raising agents (500,541), wheat gluten, salt, emulsifiers (471,477), coffee, stabiliser (415), preservative (202), flavour, colour (102,150c,160a), antioxidant (320).

**Nutrition Information#:**

	<b>Per Medium Serving (90g)</b>	<b>Per Texas Serving (115g)</b>	<b>Per 100g</b>
Energy	1620kJ	2070kJ	1800kJ
Protein	6.6g	8.5g	7.4g
Fat, total	22.6g	28.9g	25.1g
- saturated	4.8g	6.1g	5.3g
Carbohydrate	38.3g	48.9g	42.5g
- sugars	20.1g	25.7g	22.4g
Sodium	375mg	475mg	415mg

# All specified values are averages

**Strawberry**

<b>Ingredients</b>	<b>Weight</b>	<b>Weight</b>
	<b>kg</b>	<b>kg</b>
	<b>A</b>	<b>B</b>
Plain Muffin Batter	2.000	4.000
Strawberry Fruit Filling	0.400	0.800
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<b>Total Batter Weight</b>	<b>2.400</b>	<b>4.800</b>

**Method:**

Fold Fruit Filling through Muffin batter.

Deposit 100g (medium) or 130g (Texas) muffin batter into muffin cups.

After baking and when cool sprinkle surface with Dusting Sugar.

Yield	100g	24	48
Yield	130g	18	37

**Ingredients:**

Wheat flour, sugar, fruit filling (17%) [strawberries (60%), sugar, water, thickener (1442), food acid (330), preservative (202), colour (124)], egg, vegetable fats & oils, water, milk powder, thickener (1422), raising agents (500,541), wheat gluten, salt, emulsifiers (471,477), stabiliser (415), preservative (202), flavour, colour (160a), antioxidant (320).

**Nutrition Information#:**

	<b>Per Medium Serving (90g)</b>	<b>Per Texas Serving (115g)</b>	<b>Per 100g</b>
Energy	1390kJ	1780kJ	1550kJ
Protein	4.8g	6.1g	5.3g
Fat, total	17.2g	22.1g	19.2g
- saturated	3.9g	5.0g	4.4g
Carbohydrate	38.8g	49.5g	43.1g
- sugars	22.2g	28.4g	24.7g
Sodium	330mg	420mg	365mg

# All specified values are averages

**Wildberry**

<b>Ingredients</b>	<b>Weight</b>	<b>Weight</b>
	<b>kg</b>	<b>kg</b>
	<b>A</b>	<b>B</b>
Plain Muffin Batter	2.000	4.000
Wildberry Fruit Filling	0.400	0.800
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<b>Total Batter Weight</b>	<b>2.400</b>	<b>4.800</b>

**Method:**

Fold Fruit Filling through Muffin batter.

Deposit 100g (medium) or 130g (Texas) muffin batter into muffin cups.

After baking and when cool sprinkle surface with Dusting Sugar.

Yield 100g	24	48
Yield 130g	18	37

**Ingredients:**

Wheat flour, sugar, fruit filling (17%) [berries, apples, sugar, water, thickener (1442), food acid (330), preservative (202)], egg, vegetable fats & oils, water, milk powder, thickener (1422), raising agents (500,541), wheat gluten, salt, emulsifiers (471,477), stabiliser (415), preservative (202), flavour, colour (160a), antioxidant (320).

**Nutrition Information#:**

	<b>Per Medium Serving (90g)</b>	<b>Per Texas Serving (115g)</b>	<b>Per 100g</b>
Energy	1400kJ	1780kJ	1550kJ
Protein	4.9g	6.3g	5.5g
Fat, total	17.2g	22.0g	19.2g
- saturated	3.9g	5.0g	4.4g
Carbohydrate	38.9g	49.7g	43.3g
- sugars	22.4g	28.6g	24.9g
Sodium	330mg	420mg	365mg

# All specified values are averages

**Orange Choc Chip**

<b>Ingredients</b>	<b>Weight</b>	<b>Weight</b>
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	kg A	kg B
Plain Muffin Batter	2.000	4.000
Orange Flavour Paste	0.020	0.040
Chocolate Chips	0.100	0.200
<b>Total Batter Weight</b>	<b>2.120</b>	<b>4.240</b>

### Method:

Blend Orange Flavour Paste and chocolate chips evenly through batter. Deposit 100g (medium) or 130g (Texas) muffin batter into muffin cups. Sprinkle top with chocolate chips.

Yield 100g	21	42
Yield 130g	16	33

### Ingredients:

Wheat flour, sugar, egg, vegetable fats & oils, water, compound choc chips (5%) [sugar, vegetable oil, milk solids, cocoa powder, emulsifiers (322,476,492), flavour], milk powder, thickener (1422), raising agents (500,541), wheat gluten, salt, emulsifiers (471,477), stabiliser (415), preservative (202), flavour, colour (102,110,160a), antioxidant (320).

### Nutrition Information#:

	Per Medium Serving (90g)	Per Texas Serving (115g)	Per 100g
Energy	1580kJ	2010kJ	1750kJ
Protein	5.6g	7.1g	6.2g
Fat, total	20.8g	26.5g	23.1g
- saturated	5.6g	7.1g	6.2g
Carbohydrate	40.9g	52.2g	45.4g
- sugars	22.8g	29.1g	25.3g
Sodium	370mg	475mg	410mg

# All specified values are averages

## Double Choc

Ingredients	Weight	Weight
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	kg A	kg B
Plain Muffin Batter	2.000	4.000
Chocolate Flavour Paste	0.020	0.040
Chocolate Chips	0.100	0.200
<b>Total Batter Weight</b>	<b>2.120</b>	<b>4.240</b>

### Method:

Blend Chocolate Flavour Paste and chocolate chips evenly through batter.

Deposit 100g (medium) or 130g (Texas) muffin batter into muffin cups.

Sprinkle top with chocolate chips.

Yield 100g	21	42
Yield 130g	16	33

### Ingredients:

Wheat flour, sugar, egg, vegetable fats & oils, water, compound choc chips (5%) [sugar, vegetable oil, milk solids, cocoa powder, emulsifiers (322,476,492), flavour], milk powder, thickener (1422), raising agents (500,541), wheat gluten, salt, emulsifiers (471,477), stabiliser (415), preservative (202), flavour, colour (122,133,150c,155,160a), antioxidant (320).

### Nutrition Information#:

	Per Medium Serving (90g)	Per Texas Serving (115g)	Per 100g
Energy	1580kJ	2020kJ	1760kJ
Protein	5.6g	7.1g	6.2g
Fat, total	20.7g	26.5g	23.0g
- saturated	5.6g	7.1g	6.2g
Carbohydrate	41.3g	52.8g	45.9g
- sugars	22.9g	29.2g	25.4g
Sodium	370mg	475mg	415mg

# All specified values are averages

## Black Forest

Ingredients	Weight	Weight
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	kg A	kg B
Plain Muffin Batter	2.000	4.000
Chocolate Flavour Paste	0.020	0.040
Red Glace Cherries	0.400	0.800
Mixed Spice	0.008	0.016
<b>Total Batter Weight</b>	<b>2.428</b>	<b>4.856</b>

### Method:

Blend Chocolate Flavour Paste, Cherries and Mixed Spice evenly through batter.

Deposit 100g (medium) or 130g (Texas) muffin batter into muffin cups.

Yield 100gm	24	48
Yield 130gm	19	37

### Ingredients:

Wheat flour, sugar, glace cherries (17%) [cherries, sugar, glucose syrup, food acid (330), preservative (200,202,220), colour (127)], egg, vegetable fats & oils, water, milk powder, thickener (1422), raising agents (500,541), wheat gluten, salt, emulsifiers (471,477), spices, stabiliser (415), preservative (202), flavour, colour (122,133,150c,155,160a), antioxidant (320).

### Nutrition Information#:

	Per Medium Serving (90g)	Per Texas Serving (115g)	Per 100g
Energy	1530kJ	2960kJ	1700kJ
Protein	4.8g	6.2g	5.4g
Fat, total	17.1g	21.9g	19.0g
- saturated	3.9g	5.0g	4.3g
Carbohydrate	47.6g	60.8g	52.9g
- sugars	31.4g	40.1g	34.9g
Sodium	335mg	430mg	375mg

# All specified values are averages

## Choc & Banana Flavoured

Ingredients	Weight	Weight
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	kg A	kg B
Plain Muffin Batter	2.000	4.000
Banana Flavour Paste	0.020	0.040
Chocolate Chips	0.100	0.200
<b>Total Batter Weight</b>	<b>2.120</b>	<b>4.240</b>

### Method:

Blend Banana Flavour Paste and chocolate chips evenly through batter. Deposit 100g (medium) or 130g (Texas) muffin batter into muffin cups. Sprinkle top with chocolate chips.

Yield	100g	21	42
Yield	130g	16	33

### Ingredients:

Wheat flour, sugar, egg, vegetable fats & oils, water, compound choc chips (5%) [sugar, vegetable oil, milk solids, cocoa powder, emulsifiers (322,476,492), flavour], milk powder, thickener (1422), raising agents (500,541), wheat gluten, salt, emulsifiers (471,477), stabiliser (415), preservative (202), flavour, colour (102,110,124,160a), antioxidant (320).

### Nutrition Information#:

	Per Medium Serving (90g)	Per Texas Serving (115g)	Per 100g
Energy	1580kJ	2020kJ	1760kJ
Protein	5.6g	7.1g	6.2g
Fat, total	20.7g	26.5g	23.0g
- saturated	5.6g	7.1g	6.2g
Carbohydrate	40.9g	52.2g	45.4g
- sugars	22.8g	29.1g	25.3g
Sodium	370mg	475mg	415mg

# All specified values are averages

## Banana Chocolate Chip



Ingredients	Weight	Weight
	kg A	kg B
Plain Muffin Batter	2.000	4.000
Banana Fruit Filling	0.400	0.800
Chocolate Chips	0.100	0.200
<b>Total Batter Weight</b>	<b>2.500</b>	<b>5.000</b>

#### Method:

Blend Banana Fruit Filling and chocolate chips evenly through batter. Deposit 100g (medium) or 130g (Texas) muffin batter into muffin cups. Sprinkle top with chocolate chips.

Yield 100g	25	50
Yield 130g	19	38

#### Ingredients:

Wheat flour, sugar, fruit filling (16%) [banana (60%), sugar, water, thickener (1442), food acid (330), preservatives (202,224), flavour, colour (160a)], egg, vegetable fats & oils, water, compound choc chips (5%) [sugar, vegetable oil, milk solids, cocoa powder, emulsifiers (322,476,492), flavour], milk powder, thickener (1422), raising agents (500,541), wheat gluten, salt, emulsifiers (471,477), stabiliser (415), preservative (202), flavour, colour (160a), antioxidant (320).

#### Nutrition Information#:

	Per Medium Serving (90g)	Per Texas Serving (115g)	Per 100g
Energy	1440kJ	1830kJ	1590kJ
Protein	5.0g	6.4g	5.5g
Fat, total	17.7g	22.6g	19.7g
- saturated	4.9g	6.3g	5.4g
Carbohydrate	40.1g	51.2g	44.5g
- sugars	23.1g	29.5g	25.6g
Sodium	365mg	465mg	405mg

# All specified values are averages

## Banana & Walnut

<b>Ingredients</b>	<b>Weight</b>	<b>Weight</b>
	<b>kg</b>	<b>kg</b>
	<b>A</b>	<b>B</b>
Plain Muffin Batter	2.000	4.000
Mashed Banana	0.400	0.800
Chopped Walnuts	0.200	0.400
<b>Total Batter Weight</b>	<b>2.600</b>	<b>5.200</b>

**Method:**

Blend Mashed Banana and Walnuts evenly through batter.  
Deposit 100g (medium) or 130g (Texas) muffin batter into muffin cups.  
Sprinkle top with Chopped Walnuts.

Yield 100g	26	52
Yield 130g	20	40

**Ingredients:**

Wheat flour, sugar, banana (15%), egg, vegetable fats & oils, water, walnuts (8%), milk powder, thickener (1422), raising agents (500,541), wheat gluten, salt, emulsifiers (471,477), stabiliser (415), preservative (202), flavour, colour (160a), antioxidant (320).

**Nutrition Information#:**

	<b>Per Medium Serving (90g)</b>	<b>Per Texas Serving (115g)</b>	<b>Per 100g</b>
Energy	1500kJ	1920kJ	1670kJ
Protein	6.5g	8.4g	7.3g
Fat, total	20.9g	26.7g	23.3g
- saturated	4.2g	5.3g	4.6g
Carbohydrate	34.9g	44.6g	38.7g
- sugars	19.9g	25.4g	22.1g
Sodium	300mg	385mg	335mg

# All specified values are averages

**Mashed Banana & Choc Chip**

Ingredients	Weight	Weight
	kg A	kg B
Plain Muffin Batter	2.000	4.000
Mashed Banana	0.400	0.800
Chocolate Chips	0.100	0.200
<b>Total Batter Weight</b>	<b>2.500</b>	<b>5.000</b>

#### Method:

Blend Mashed Banana and chocolate chips evenly through batter.  
Deposit 100g (medium) or 130g (Texas) muffin batter into muffin cups.  
Sprinkle top with chocolate chips.

Yield 100g	25	50
Yield 130g	19	38

#### Ingredients:

Wheat flour, sugar, banana (16%), egg, vegetable fats & oils, water, compound choc chips (5%) [sugar, vegetable oil, milk solids, cocoa powder, emulsifiers (322,476,492), flavour], milk powder, thickener (1422), raising agents (500,541), wheat gluten, salt, emulsifiers (471,477), stabiliser (415), preservative (202), flavour, colour (160a), antioxidant (320).

#### Nutrition Information#:

	Per Medium Serving (90g)	Per Texas Serving (115g)	Per 100g
Energy	1410kJ	1790kJ	1560kJ
Protein	4.9g	6.2g	5.4g
Fat, total	17.6g	22.5g	19.6g
- saturated	4.7g	6.0g	5.2g
Carbohydrate	38.5g	49.2g	42.8g
- sugars	22.9g	29.3g	25.5g
Sodium	315mg	400mg	350mg

# All specified values are averages

## Lemon & Coconut

<b>Ingredients</b>	<b>Weight</b>	<b>Weight</b>
	<b>kg</b>	<b>kg</b>
	<b>A</b>	<b>B</b>
Plain Muffin Batter	2.000	4.000
Lemon Curd Filling	0.400	0.800
Coconut	0.030	0.060
<b>Total Batter Weight</b>	<b>2.430</b>	<b>4.860</b>

**Method:**

Blend Lemon Curd Filling and Coconut evenly through batter.  
Deposit 100g (medium) or 130g (Texas) muffin batter into muffin cups.  
Sprinkle top with coconut.

Yield 100g	24	48
Yield 130g	19	37

**Ingredients:**

Wheat flour, sugar, lemon filling (16%) [sugar, water, lemon juice (20%), glucose syrup, butter, thickener (1442), egg, flavour, salt, preservative (202), colour (160a)], egg, vegetable fats & oils, water, milk powder, thickener (1422), raising agents (500,541), wheat gluten, coconut (1.5%), salt, emulsifiers (471,477), stabiliser (415), preservative (202), flavour, colour (160a), antioxidant (320).

**Nutrition Information#:**

	<b>Per Medium Serving (90g)</b>	<b>Per Texas Serving (115g)</b>	<b>Per 100g</b>
Energy	1530kJ	1950kJ	1700kJ
Protein	4.9g	6.3g	5.5g
Fat, total	18.6g	23.8g	20.7g
- saturated	5.0g	4.9g	5.6g
Carbohydrate	43.3g	55.3g	48.1g
- sugars	26.2g	33.4g	29.1g
Sodium	350mg	445mg	385mg

# All specified values are averages

**Carrot & Cream Cheese**

<b>Ingredients</b>	<b>Weight</b>	<b>Weight</b>
	<b>kg</b>	<b>kg</b>
	<b>A</b>	<b>B</b>
Plain Muffin Batter	2.000	4.000
Grated Carrot	0.400	0.800
Mixed Spice	0.006	0.012
<b>Total Batter Weight</b>	<b>2.406</b>	<b>4.812</b>

**Method:**

Blend Carrot and Mixed Spice evenly through Muffin batter.  
Deposit 100g (medium) or 130g (Texas) muffin batter into muffin cups.  
Place dot of Cream Cheese (3g medium/6g Texas) on muffin surface.

Yield 100g	24	48
Yield 130g	18	37

**Ingredients:**

Wheat flour, sugar, carrot (17%), egg, vegetable fats & oils, water, cream cheese (4%), milk powder, thickener (1422), raising agents (500,541), wheat gluten, salt, emulsifiers (471,477), spices, stabiliser (415), preservative (202), flavour, colour (160a), antioxidant (320).

**Nutrition Information#:**

	<b>Per Medium Serving (90g)</b>	<b>Per Texas Serving (115g)</b>	<b>Per 100g</b>
Energy	1400kJ	1780kJ	1550kJ
Protein	5.0g	6.4g	5.6g
Fat, total	19.1g	24.4g	21.2g
- saturated	5.1g	6.5g	5.7g
Carbohydrate	34.4g	44.0g	38.3g
- sugars	18.4g	23.5g	20.4g
Sodium	355mg	455mg	395mg

# All specified values are averages

**Pineapple & Ginger**

<b>Ingredients</b>	<b>Weight</b>	<b>Weight</b>
	<b>kg</b>	<b>kg</b>
	<b>A</b>	<b>B</b>
Plain Muffin Batter	2.000	4.000
Pineapple Flavour Paste	0.012	0.024
Crushed Pineapple	0.330	0.660
Ground Ginger	0.010	0.020
<b>Total Batter Weight</b>	<b>2.352</b>	<b>4.704</b>

#### **Method:**

Blend Pineapple Flavour Paste, Pineapple and Ginger evenly through batter.

Deposit 100g (medium) or 130g (Texas) muffin batter into muffin cups.

Yield 100g	23	47
Yield 130g	18	36

#### **Ingredients:**

Wheat flour, sugar, egg, pineapple (14%), vegetable fats & oils, water, milk powder, thickener (1422), raising agents (500,541), wheat gluten, salt, emulsifiers (471,477), ginger, stabiliser (415), preservative (202), flavour, colour (102,160a), antioxidant (320).

#### **Nutrition Information#:**

	<b>Per Medium Serving (90g)</b>	<b>Per Texas Serving (115g)</b>	<b>Per 100g</b>
Energy	1360kJ	1740kJ	1510kJ
Protein	5.0g	6.4g	5.5g
Fat, total	17.6g	22.5g	19.6g
- saturated	4.0g	5.1g	4.5g
Carbohydrate	35.8g	45.7g	39.8g
- sugars	19.4g	24.8g	21.6g
Sodium	335mg	430mg	370mg

# All specified values are averages

## **Peanut Butter**

<b>Ingredients</b>	<b>Weight</b>	<b>Weight</b>
	<b>kg</b>	<b>kg</b>
	<b>A</b>	<b>B</b>
Plain Muffin Batter	2.000	4.000
Peanut Butter	0.250	0.500
<hr/>		
<b>Total Batter Weight</b>	<b>2.250</b>	<b>4.500</b>

### **Method:**

Blend Peanut Butter evenly through batter.

Deposit 100g (medium) or 130g (Texas) muffin batter into muffin cups.

Sprinkle top with Chopped Nuts.

Yield	100g	22	45
Yield	130g	17	34

### **Ingredients:**

Wheat flour, sugar, egg, vegetable fats & oils, peanut butter (11%) [peanuts, salt, emulsifier (471)], water, milk powder, thickener (1422), raising agents (500,541), wheat gluten, salt, emulsifiers (471,477), stabiliser (415), preservative (202), flavour, colour (160a), antioxidant (320), nuts\*.

(\* use specific name of nut)

### **Nutrition Information#:**

	<b>Per Medium Serving (90g)</b>	<b>Per Texas Serving (115g)</b>	<b>Per 100g</b>
Energy	1800kJ	2300kJ	2000kJ
Protein	9.5g	12.1g	10.5g
Fat, total	26.5g	33.9	29.5g
- saturated	5.7g	7.2g	6.3g
Carbohydrate	37.2g	47.5g	41.3g
- sugars	19.4g	24.8g	21.6g
Sodium	415mg	530mg	460mg

# All specified values are averages

## **White Choc Chip**

<b>Ingredients</b>	<b>Weight</b>	<b>Weight</b>
	<b>kg</b>	<b>kg</b>
	<b>A</b>	<b>B</b>
Plain Muffin Batter	2.000	4.000
White Chocolate Chips	0.100	0.200
<hr/>		
<b>Total Batter Weight</b>	<b>2.100</b>	<b>4.200</b>

### **Method:**

Fold Fruit Filling through Muffin batter.  
Deposit 100g (medium) or 130g (Texas) muffin batter into muffin cups.  
Sprinkle top with white chocolate chips.

Yield	100g	21	42
Yield	130g	16	32

### **Ingredients:**

Wheat flour, sugar, egg, vegetable fats & oils, water, compound choc chips (5%) [sugar, vegetable oil, milk solids, emulsifiers (322,476), flavour], milk powder, thickener (1422), raising agents (500,541), wheat gluten, salt, emulsifiers (471,477), stabiliser (415), preservative (202), flavour, colour (160a), antioxidant (320).

### **Nutrition Information#:**

	<b>Per Medium Serving (90g)</b>	<b>Per Texas Serving (115g)</b>	<b>Per 100g</b>
Energy	1590kJ	2030kJ	1770kJ
Protein	5.8g	7.3g	6.4g
Fat, total	21.0g	26.9g	23.3g
- saturated	5.7g	7.3g	6.4g
Carbohydrate	41.1g	52.5g	45.7g
- sugars	22.4g	28.6g	24.9g
Sodium	375mg	480mg	415mg

# All specified values are averages



## Nutrition Information

### Foodfirst Muffin ix

Quantity – per 100g	
Energy	1790kJ
Protein	7.7g
Fat - Total	13.5g
Fat - Saturated	3.7g
Carbohydrate - Total	68.4g
Carbohydrate - Sugars	37.0g
Sodium	700mg
# all specified values are averages	

G.M.O Statement:

Based on our suppliers' information these products do not require labelling in accordance with Standard 1.5.2 of the Foods Standards Code.