



Blueberry Muffin Mix

Gluten Free

Augason Farms Gluten Free foods are delicious and include: baking mixes, soups, fruits, vegetables, and drink mixes. Our flour blends and grains are designed to meet nutritional needs and discriminating tastes. Flavor so good that everyone will enjoy them!

Blueberry Muffin Mix

Augason Farms Gluten Free Blueberry Muffin Mix is so packed full of blueberry bits that you'll want to bake them every day.

Blueberry Lemon Coffee Cake

Cake:

3 1/8 cups Augason Farms GF Blueberry Muffin Mix

1/4 cup water

1/2 cup soy oil or oil of your choice

1 1/2 cups gf sour cream

1 egg beaten

1/2 cup gf lemon yogurt

Topping:

3 tablespoons packed brown sugar

2 tablespoons gf all-purpose flour

3 tablespoons gf butter or margarine, cold

Cake: In medium bowl, blend together muffin mix, water, egg, oil, sour cream and yogurt. Spoon batter into lightly greased 8"x8"x2" pan. Topping: In a small bowl, mix together brown sugar and gf all-purpose flour. Cut in butter with fork or pastry blender until mixture resembles size of small peas. Sprinkle topping over batter. Bake at 350"F for 30-35 minutes. Yield: 16-2" squares.

Creamy Blueberry Lemon Bars

Crust

3 1/4 cups Augason Farms GF Blueberry Muffin Mix

1/2 cup butter or margarine, softened

Filling:

3/4 cup gf vanilla pie filling

1 cup (8 oz package) cream cheese, softened

1 cup sugar

1 cup gf whipped topping

Crust: In medium bowl, mix together muffin mix and butter until crumbly. Press into lightly greased 9"x13" pan. Bake at 350°F for 15-20 minutes. Cool. Filling: Spread pie filling over crust. Using an electric mixer, blend cream cheese and sugar on medium speed 1 minute. Scrape bowl. Continue mixing on medium speed 1 minute. Add whipped topping. Change to low speed and mix 1 minute. Spread evenly over vanilla pie filling. Refrigerate 2 hours or until set before serving. Yield: 24 – 2" squares.

Nutrition Facts

Serving Size 1/4 cup (45g) Servings Per Container 39

Servings P	er Conta	aili	ei 39		
Amount Per	Serving				
Calories 160 C			alories from Fat 10		
			%	Daily Value*	
Total Fat 1g				1%	
Saturated Fat 0g				0%	
Trans Fat 0g					
Choleste	rol 20m		6%		
Sodium 210mg				9%	
Total Carbohydrate 37g 12%					
Dietary Fiber 2g				6%	
Sugars 18g					
Protein 2g					
Vitamin A	0%	•	Vitamin	C 0%	
Calcium	2%	•	Iron	4%	
*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. Calories 2,000 2,500					
Total Fat	Less tha	ın	65g	80g	
Sat Fat	Less tha	ın	20g	25g	
Cholesterol	Less tha	ın	300mg	300mg	
Sodium	Less tha	ın	2400mg	2400mg	
Total Carbohydrate			300g	375g	
Dietary Fiber			25g	30g	

Protein 4

Carbs 4

04050-0911

Calories per gram: Fat 9

DIRECTIONS:

Muffin Mix 3 1/8 cups Cold Water 1/4 cup Soy Oil 1/2 cup Sour Cream 1 1/2 cups

Yield: 1 dozen

Note: May also use corn oil, canola oil, etc. To lower fat content substitute plain yogurt for sour cream. Use dairy free sour cream (IMO) for dairy free.

- 1. Add dry mix, oil, water, and sour cream.
- 2. Mix thoroughly to uniform consistency.
- 3. Spray muffin tins with non-stick cooking spray.
- 4. Fill tins to 3/4 full with muffin batter.
- 5. Bake at 400°F for 15-20 minutes.

INGREDIENTS: All purpose flour (potato starch, tapioca flour/starch, garbanzo fava flour [garbanzo bean flour, fava bean flour], sorghum flour), sugar, blueberry bits (powdered sugar, dextrose, dates, modified food starch [tapicoa], corn syrup solids, glycerine, partially hydrogenated vegetable oil [sunflower oil {with added tocopherol} or cottonseed and soybean oil], water [may or may not be added], coating agent [may be dextrose, rice flour, or oat flour], natural and artificial flavors, citric acid colored with FD&C Red #40 Lake [allura red], FD&C Blue #2 Lake indgotine]), whole eggs (whole eggs, sodium silicoaluminate [as an anticaking agent]), baking powder, xanthan gum, salt, baking soda, natural vanilla flavor.

Contains allergens: Eggs and soy.

Processed in a dedicated gluten free manufacturing and packaging site.

Contains oxygen absorber. Discard immediately upon opening

Shelf Life: Best when stored in a cool dry place at temperatures between 55° and 70° F (ideal humidity 15%). Sealed: to 10 years / Opened: to 1 year

Shelf life estimates are based on industry studies from sources deemed reputable. Since Augason Farms has no control over individual storage practices, they must disclaim any liability or warranty for particular results.

39 **SERVINGS NET WT. 3 LBS 14.0 (1.75 kg)**