



NEW IN 2024

Smart Flour Muffins: Blueberry & Double Chocolate



If you're looking for a moist, classic bakery-style muffin, look no further. Smart Flour's muffins have been thoughtfully crafted to mirror the breakfast/snack favorites of their gluten-containing counterparts.

Individually Wrapped

- Perfect on-the-go gluten-free option
- Reduces the chance of cross contamination



Blueberry Muffin

The over-the-top blueberry flavor paired with the perfect amount of sweetness, is sure to satisfy.



Double Chocolate Muffin

Behold, the perfect recipe for an indulgent option; a morning sweet tooth, or a mid-day snack.

Product	2.5" Blueberry
Manu Item #	MN2BBWS36
GTIN #	10856952001865
DOT #	778396
Case Pk	36, indiv. wrapped
Unit Wt	2.27 - 2.87 oz



Nutrition Facts	
Serving Size	1 muffin (73g)
Amount Per Serving	
Calories	270
	% Daily Value*
Total Fat 13g	17%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 220mg	10%
Total Carbohydrate 35g	13%
Dietary Fiber 1g	4%
Total Sugars 14g	
Includes 13g Added Sugars	26%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.5mg	2%
Potassium 20mg	0%

Shelf Life:

Frozen:
365 Days

Refrigerated:
Not Recommended

Ambient:
7 Days

INGREDIENTS: Smart Flour Gluten Free Muffin Blend (Rice Flour, Modified Tapioca Starch, Rice Starch, Corn Starch, Potato Starch, Tapioca Starch, Modified Corn Starch, Sorghum Flour, Amaranth Flour), Eggs, Sugar, Canola Oil, Water, Blueberries, Glycerine, Baking Powder, Citrus Fiber, Dextrose, Psyllium Husk, Natural Flavor, Baking Soda, Xanthan Gum, Mono- and Di-glycerides, Modified Cellulose, Calcium Sulfate, Enzymes.. **Contains: Egg.**

Product	2.5" Double Choc
Manu Item #	MN2DCWS36
GTIN #	10856952001872
DOT #	778395
Case Pk	36, indiv. wrapped
Unit Wt	2.27 - 2.87 oz



Nutrition Facts	
Serving Size	1 muffin (73g)
Amount Per Serving	
Calories	290
	% Daily Value*
Total Fat 15g	19%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 230mg	10%
Total Carbohydrate 39g	14%
Dietary Fiber 3g	11%
Total Sugars 18g	
Includes 15g Added Sugars	30%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1.3mg	8%
Potassium 60mg	2%

Shelf Life:

Frozen:
365 Days

Refrigerated:
Not Recommended

Ambient:
7 Days

INGREDIENTS: Smart Flour Gluten Free Muffin Blend (Rice Flour, Modified Tapioca Starch, Rice Starch, Corn Starch, Potato Starch, Modified Corn Starch, Tapioca Starch, Rice Starch, Sorghum Flour, Amaranth Flour) Eggs, Sugar, Canola Oil, Water, Semi-Sweet Chocolate Chips (Sugar, Unsweetened Chocolate, Cocoa Butter, Soy Lecithin, Natural Vanilla Extract), Cocoa Powder, Glycerine, Baking Powder, Citrus Fiber, Psyllium Husk, Dextrose, Baking Soda, Natural Flavor, Xanthan Gum, Mono- and Di-glycerides, Modified Cellulose, Salt, Calcium Sulfate, Enzymes.. **Contains: Egg and soy.**

Hungry for more? We'd love to hear from you!

sales@smartflourfoods.com | www.smartflourfoods.com | Smart Flour Foods, 2418 Spring Lane, #5232, Austin, TX 78703

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