

Vegan Morning Glory Muffin

Nutrition Facts Serv. Size: 1 (55g), Servings: 2, Amount Per Serving:
Calories 250, Fat Cal. 130, **Total Fat** 14g (22% DV), Sat. Fat 2.5g (13% DV), *Trans*
Fat 0g, **Cholest.** 0mg (0% DV), **Sodium** 330mg (14% DV), **Total Carb.** 31g
(10% DV), Fiber 3g (12% DV), Sugars 16g, **Protein** 2g, Vitamin A (0% DV), Vitamin C
(0% DV), Calcium (8% DV), Iron (4% DV). Percent Daily Values (DV) are based on a
2,000 calorie diet.

INGREDIENTS: (BROWN RICE FLOUR, TAPIOCA STARCH, WHITE RICE FLOUR, POTATO STARCH, SORGHUM FLOUR, ARROWROOT STARCH, GUAR GUM, SWEET RICE FLOUR, RICE BRAN), SO DELICIOUS DAIRY FREE COCONUT MILK, WATER, PECANS, SUGAR, RAISINS, CANOLA OIL, BROWN SUGAR, PALM SHORTENING, RICE BRAN, CRUDE, BOB'S RED MILL GLUTEN FREE OAT BRAN, MOLASSES, CORN STARCH, SODIUM BICARBONATE, SODIUM ALUMINUM SULFATE, MONOCALCIUM PHOSPHATE, BAKING SODA, CINNAMON, VANILLA EXTRACT, KOSHER SALT, GROUND GINGER, NUTMEG