

FREEZE DRIED
RASPBERRY
 MUFFIN MIX

Simple. Clean. Muffins.

Made with simple ingredients and our secret raspberry-perfecting formula, every bite is one to remember.

- Whip up with the kids
- Deliver to a neighbor
- Bring to work

Show how you're sharing Thrive Life Raspberry Muffins with #thrivemuffins

Thrive Life Raspberries

- 100% Raspberry
- Vine-fresh flavor
- Non-GMO
- Nutrilock® Certified

Distributed by Thrive Life®
 691 South Auto Mall Drive,
 American Fork, Utah 84003



5659



Let's Get Baking!

- 1 pkg. Raspberry Muffin Mix
- 2 Large Eggs
- 1/3 cup Vegetable oil
- 1 cup Water

Heat oven to 400°F.

Place 12 paper baking cups in a muffin pan or spray pan with cooking spray.

Mix water, oil and eggs together in a bowl.

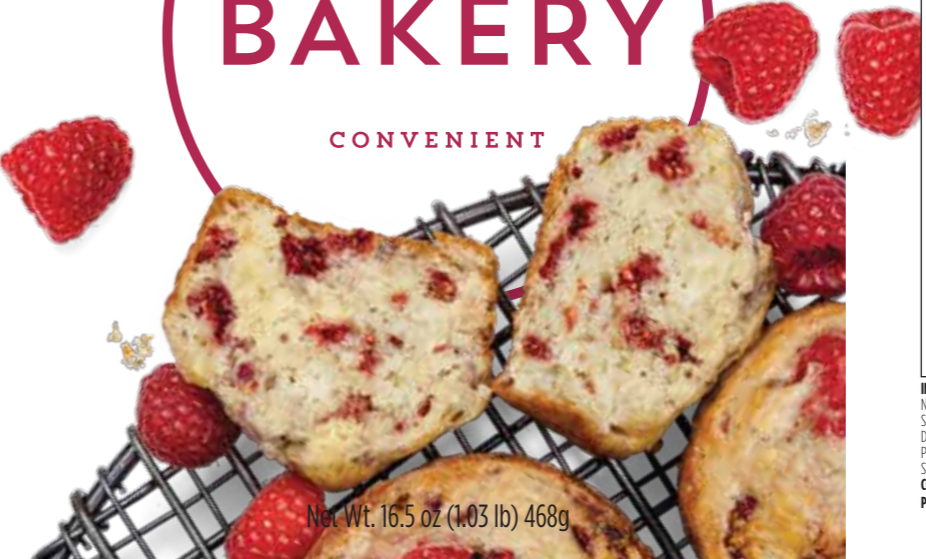
Fold in the muffin mix until just blended, do not over mix. Lightly crush the freeze dried raspberries and fold into the batter. Allow batter to sit for 2-3 minutes.

Spoon batter into muffin cups using about 1/4 cup batter.

Bake for 13-15 minutes until golden brown and a toothpick comes out clean, or tops spring back.



HOMESTYLE
BAKERY
 CONVENIENT



Net Wt. 16.5 oz (1.03 lb) 468g

Nutrition Facts

12 servings per container
Servings size 1 muffin prepared (39g)

Amount per serving
Calories 220

	% Daily Value*
Total Fat 9g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 270mg	12%
Total Carbohydrate 31g	11%
Dietary Fiber 1g	4%
Total Sugars 17g	
Includes 16g Added Sugars	30%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 16mg	2%
Iron 0mg	0%
Potassium 26mg	0%

The % Daily Value (DV) Tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: PURE CANE SUGAR, UNBLEACHED WHITE FLOUR (ENRICHED WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID, ENZYMES), SHORTENING POWDER (SOYBEAN OIL, MALTODEXTRIN, SODIUM CASEINATE, MONO AND DIGLYCERIDES, DISODIUM PHOSPHATE), RASPBERRIES, BAKING POWDER (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORN STARCH, MONOCALCIUM PHOSPHATE), FOOD STARCH-MODIFIED, NATURAL VANILLA FLAVOR, CORNSTARCH, XANTHAN GUM, IODIZED SALT.
CONTAINS: WHEAT, SOY, AND MILK.

Processed in a facility that handles milk, egg, soy, wheat, & coconut products.