



40
SERVINGS



SHELF LIFE UP TO
10 YEARS

Shelf Life: Best when stored in a cool dry place at temperatures between 55° and 70° F (ideal humidity 15%).

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.

FOOD STORAGE
EMERGENCY
EVERYDAY FOOD

Blueberry Muffin Mix

Nutrition Facts

Serving Size: 1/4 Cup (39g dry)
Servings Per Container: 40

Amount Per Serving	
Calories 150	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1g	5%
Trans Fat 0.5g	
Cholesterol 25mg	8%
Sodium 200mg	8%
Total Carbohydrate 29g	10%
Dietary Fiber 0g	2%
Sugars 15g	
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 6%
*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 than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 Carbs 4 Protein 4	

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DIRECTIONS:

Yield: 12 muffins

1. Combine 1 1/4 cups of water with 3 cups of mix.
2. Mix on low speed 30 seconds, then 1 1/2 minutes on medium speed.
3. Fill tins 2/3 full.
4. Bake at 375° F for 14-18 minutes.

INGREDIENTS: Bleached enriched flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), sugar, cake flour (bleached wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), shortening (partially hydrogenated soybean oil), blueberry nuggets (dextrose, partially hydrogenated vegetable oil [soy bean and cottonseed], bleached enriched wheat flour [wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], citric acid, cellulose gum, maltodextrin, artificial flavors and colors [FD&C Red #40, Blue #1, Blue #2]), powdered sugar, buttermilk solids, whole eggs (whole eggs, sodium silicoaluminate [as an anticaking agent]), sodium acid pyrophosphate, salt, baking soda, egg yolks, vanilla (natural and artificial flavor), xanthan gum, blueberry flavor.

Contains allergens: Wheat, milk, eggs, and soy.