

## **Apple Spice Muffin**







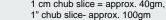




## **Apple Spice Muffin**

Recipe Items:	1 Portion	5 Portions
PE Apple & Spice Bread Pudding (PE#21758)	#10 scoop (95 gm)	475 gm (16.75 oz)
Applesauce (smooth)	15 mL (1 Tbsp)	75 mL (2.5 Fl oz)
Lyons Cinnamon Dessert Sauce	15 mL (1 Tbsp)	75 mL (2.5 Fl oz)
Nutritional analysis presented contains only those ingredients		1 cm chub slice = approx. 40gm,

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1. Thaw frozen products in refrigerator for a maximum 48 hrs.

Hot Service - Heat Puree Essentials food to a minimum temperature of 71°C or 160°F.

Cold Service - Keep Puree Essentials food cold prior to service, below 4°C or 40°F.



2. Mix #10 Scoop (95 gm) of PE Apple & Spice Bread Pudding with 1 Tbsp (15 ml) of smooth apple sauce.

## Nutrition Facts Valeur nutritive

Per 1 each (126g) / par 1 each (126g) Amount % Daily Value Teneur % valeur quotidienne Calories / Calories 210 Fat / Lipides 8g 13% Saturated / satures 2.5g + Trans / trans 0g 13% Cholesterol / Cholesterol < 5mg 12% Sodium / Sodium 290mg Carbohydrate / Glucides 34g 11% Fibre / Fibres 4g 16% Sugars / Sucres 17g Protein / Proteines 3g Vitamin A / Vitamine A 0% Vitamin C / Vitamine C 2% Calcium / Calcium 4% Iron / Fer 8%



3. Finish the dish by drizzling 1 Tbsp (15 ml) of Lyons Cinnamon Dessert Sauce over the top.



Variations: garnish the top with a teaspoon of smooth apple sauce or other Lyons Dessert Sauces like White Chocolate. Presentations can be altered as desired. Variations to ingredients are not included in nutritional analysis.

Serve hot or cold.

Hot Service - keep Puree Essentials food hot, at a minimum temperature of 66°C or 150°F. Cold Service - If serving cold; keep Puree Essentials food temperatures below 4°C or 40°F.

