

# Low Carb Carrot Cake Muffin (V) B1

## Description:

Inspired by an afternoon tea favorite, our carrot cake muffin is full of nourishing ingredients including apples, dates and carrot to keep you full all morning. With notes of sweet cinnamon and nutmeg, this breakfast muffin has all the flavour of an indulgent dessert without the calories. No added sugar. No artificial colours, flavours or sweeteners. 15g protein per serve. Excellent source of dietary fibre. Heating instructions: Microwave: Remove from plastic wrapping. From frozen, heat for 90-120 seconds. From thawed, heat for 60-90 seconds. Sandwich press: To enjoy your muffin with a crunchy twist, remove from plastic wrapping and heat for 30 seconds. Slice muffin in half and place in baking paper lined sandwich press for 1-2 minutes. Storage: Keep frozen. Once defrosted, keep refrigerated and consume within 5 days. Nutrition: Ingredients: Vegetable & Fruit (34%) [Carrot (16%), Zucchini, Date, Apple (Sulphites, Citric acid)], Water, Egg white, Nuts & Seeds (17%) (Almond, Sunflower seed, Walnut, Chia seed), Whey protein isolate (Milk), Light milk, Coconut flour, Psyllium husk, Natural sweeteners (Erythritol, Monkfruit), Natural flavour, Spices, Acacia fibre, Raising agents (Sodium bicarbonate, Mineral salt), Sea salt. CONTAINS: MILK, EGG, ALMOND, WALNUT, SULPHITES. MAY BE PRESENT: PEANUT, SESAME, SOY, & TREE NUTS (CASHEW, HAZELNUT, MACADAMIA, PINE NUT), WHEAT