

Low Carb Bacon, Spinach & Fetta Protein Muffin MB3

Description:

Our delicious low carb, Bacon, Spinach & Fetta Protein Muffin has less than 1/4 carbs of a regular muffin yet still high in protein. Perfect as a savoury breakfast, light lunch on the go or halve the muffin for an alternative snack. Heating instructions Microwave: Remove from plastic wrapping. From frozen, heat for 2 minutes. Cooking times are a guide and may vary depending on your appliance. 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:** Nuts and Seeds (18%) (Almond, Sunflower seed, chia seed), Water, Zucchini, Egg white, Light milk, Bacon (9%) (Pork, Water, Cure [Salt, Sugar, Mineral salts (451,450) Antioxidant (316), Preservative (250)], Wood smoke, Spinach (8%), Fetta cheese (4%) (Milk), Coconut flour, Psyllium husk, Light tasty cheddar [anticaking agent (460), Preservative (200)] (milk), Faba bean protein isolate, Sea Salt, Acacia fibre, Raising Agents (Sodium bicarbonate, Mineral salt), Hers and Spices. **ALLERGENS** Contains EGG, MILK, ALMOND. May Contain: Peanut, Sesame, Soy, Sulphites & Tree Nuts (Cashews, Hazelnuts, Macadamia, Pine Nut, Walnut), Wheat