



BERNARD
FOOD INDUSTRIES, INC.®

**HI PROTEIN
BLUEBERRY
MUFFIN MIX**

REORDER 531123

- Excellent source of protein incorporated into traditional foods providing an alternative to liquid supplements.
- High Quality Protein. We use Isolated Soy Protein providing extremely high rate of digestibility and equal in protein quality to milk and egg white protein.
- Calcium enriched to help promote bone strength.
- Cholesterol Free.
- Great tasting, cost effective and easy to prepare.
- Complete mix products requiring only the addition of water although additional fruit pieces may be added.

YIELD PER CASE: 144 muffin servings

PACK SIZE: 12 @ 16 oz.

Nutrition Facts

12 servings per container	
Serv. size	1/12 package (38g mix)
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 2.5g	11%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 24g	9%
Dietary Fiber <1g	1%
Total Sugars 12g	
Includes 12g Added Sugars	24%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 150mg	12%
Iron 1mg	6%
Potassium 60mg	1%

* 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: Enriched Bleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Shortening (Palm Oil, Mono And Diglycerides, Polysorbate 60), Blueberry Flavor Bits (Sugar, Wheat Flour, Soybean Oil, Wheat Starch, Dextrose, Citric Acid, Natural And Artificial Flavor, Dried Blueberries, Red # 40, Blue #2), Isolated Soy Protein, Dried Egg White With Sodium Lauryl Sulfate, Calcium Sulfate, Sodium Bicarbonate, Lecithin Powder (Soy Lecithin, Nonfat Milk, Maltodextrin), Emulsifier (Propylene Glycol Mono And Diesters Of Fats And Fatty Acids, Mono And Diglycerides, Nonfat Milk, Palm Oil And Disodium Phosphate), Sodium Aluminum Phosphate, Silicon Dioxide, Artificial Flavor, Monocalcium Phosphate, Yellow #5 And #6. Contains Milk, Egg, Wheat, Soy