



Apple Spice Muffin



SHALITFOODS
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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 these ingredients

1 cm chub slice = approx. 40gm,
1" chub slice- approx. 100gm



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.



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.

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		
Sodium / Sodium	290mg		12%
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%

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.

