



WHITE WHOLE WHEAT ENGLISH MUFFIN MIX



OUR SIGNATURE RECIPES

ENGLISH MUFFIN MIX

Warm, homemade English muffins
with signature craggy insides and a
heartly, comforting flavor.

MADE WITH
WHOLE GRAINS



NET WT 20.25 OZ (1 LB 4.25 OZ) 574g

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WHITE WHOLE WHEAT ENGLISH MUFFINS

YOU'LL NEED

1 $\frac{3}{4}$ cups warm water 3 tablespoons melted butter + semolina flour, optional
1 large egg 1 yeast packet (included)

THIS BOX CONTAINS MUFFIN MIX AND YEAST PACKET.

- 1 • COMBINE** mix, water, egg, butter, and yeast. Beat until dough is glossy, about 6 to 8 minutes.
- 2 • COVER** and rise until doubled in size, about 90 minutes.
- 3 • GREASE** metal muffin rings. If you don't have muffin rings, use any heat proof 1"-deep metal rings, about 3" to 3 1/2" diameter.
- 4 • PREHEAT** griddle or heavy skillet over medium-low heat (250°F). Place rings on griddle, and sprinkle a little semolina into each; this will give muffins their traditional crust. Scoop 1/3 cup of dough into each ring. Spread to edges of ring and sprinkle with more semolina.
- 5 • COOK** for 10 to 12 minutes. Edges will look set and bottom golden brown. Lift off rings, flip, and cook other side for 8 to 10 minutes, until deep golden brown.
- 6 • COOL** on a rack. Store at room temperature, well wrapped.

BAKES 12 ENGLISH MUFFINS



BAKER'S TIP

If you're having difficulty spreading the dough in the muffin rings, moisten fingers with water as needed to keep the dough from sticking to your hands.

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Baking is about making something special, and trusting that it'll turn out every time. That's why we craft our mixes using tried-and-true, favorite recipes that we've perfected over the years — it's what makes our mixes so good.

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Nutrition Facts

12 servings per container
Serving size 1/3 cup mix (48g)

Calories	Mix		Prepared	
	% Daily Value*		% Daily Value*	
Total Fat	0.5g	1%	4g	5%
Saturated Fat	0g	0%	2g	10%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	25mg	8%
Sodium	410mg	18%	420mg	18%
Total Carbohydrate	34g	12%	34g	12%
Dietary Fiber	3g	11%	3g	11%
Total Sugars	3g		3g	
Incl. Added Sugars	1g	2%	1g	2%
Protein	7g		7g	
Vitamin D	0mcg	0%	0.1mcg	0%
Calcium	60mg	4%	60mg	4%
Iron	1.3mg	8%	1.4mg	8%
Potassium	180mg	4%	190mg	4%

*The % Daily Value 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: MUFFIN MIX: King Arthur White Whole Wheat Flour, King Arthur Unbleached Flour (wheat flour, malted barley flour), Nonfat Milk, Rye Sourdough (fermented rye flour, salt), Cane Sugar, Baking Powder (sodium acid pyrophosphate, baking soda, corn starch, monocalcium phosphate), Sea Salt. YEAST: Yeast, Sorbitan Monostearate, Ascorbic Acid.

CONTAINS: Milk, Wheat.

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DO NOT EAT RAW MIX, DOUGH, OR BATTER.

Produced on equipment that also processes eggs, soy, almonds, hazelnuts, pecans, walnuts, and coconut.