



# ENGLISH MUFFIN MIX

## ENGLISH MUFFINS

MAKES 12 ENGLISH MUFFINS OR 1 LOAF  
This box contains muffin mix and yeast packet.

### YOU'LL NEED

- 1 1/2 CUPS WATER, WARM
- 1 LARGE EGG
- 3 TABLESPOONS BUTTER, MELTED
- 1 YEAST PACKET, INCLUDED
- SEMOLINA FLOUR, OPTIONAL

### DIRECTIONS

- 1. COMBINE** mix, water, egg, butter, and yeast. Beat until dough is glossy, about 6 to 8 minutes. Cover and rise until doubled in size, about 90 minutes.
- 2. 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. Preheat griddle or heavy skillet over medium-low heat (250°F).
- 3. 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. If necessary, moisten fingers with water to keep dough from sticking.
- 4. 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. Cool on a rack. Store at room temperature, well wrapped.

### ENGLISH MUFFIN BREAD:

Grease a 9" x 5" pan and sprinkle bottom and sides with semolina. Prepare batter as directed and pour into prepared pan. Cover and let rise 40 minutes, until just crested above rim of pan. Bake in preheated 400°F oven 40 minutes; tent with foil and bake 10 to 15 minutes more, until center reads 190°F on a digital thermometer. Cool in pan on rack 20 minutes. Tip out onto rack to cool completely.

For guidelines on baking at high altitude, visit: [BakeWith.Us/Altitude](http://BakeWith.Us/Altitude)



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## ENGLISH MUFFIN MIX



DELICIOUS  
QUICK  
& EASY

MAKES  
12  
ENGLISH  
MUFFINS

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

SERVING  
SUGGESTION



## ENGLISH MUFFIN MIX

### Nutrition Facts

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

	Mix		Prepared	
Calories	170		200	
	% 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, ENZYME), 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 MONO-STEARATE, ASCORBIC ACID.

**CONTAINS:** MILK, WHEAT.

**DISTRIBUTED BY**  
KING ARTHUR BAKING COMPANY, INC.  
NORWICH, VERMONT 05055  
800-827-6836 | [KingArthurBaking.com](http://KingArthurBaking.com)

For information on allergens and cross-contact prevention, visit: [KingArthurBaking.com/Allergen-Program](http://KingArthurBaking.com/Allergen-Program)

**DO NOT EAT RAW MIX, DOUGH, OR BATTER.**

## ENGLISH MUFFIN MIX

BEST IF BAKED BY:



[how2recycle.info](http://how2recycle.info)

400583



100% recycled fiber with a minimum of 35% post-consumer content.