

100% EMPLOYEE OWNED



Blueberry

JAMMY BITS

Makes delicious pools of jam in baked goods.

Sweet and summery flavor of bright blueberries. Add up to 1 cup to your favorite muffins, cookies, scones, or breakfast cereal.

Ⓢ NET WT 16 OZ (1 LB) 454g

Oatmeal Muffins with Blueberry Jammy Bits

MAKES 12 MUFFINS

Made with old-fashioned rolled oats and our bright Blueberry Jammy Bits, these tender muffins are a delightful breakfast treat or afternoon snack.

- 1¾ cup (198g) King Arthur 100% White Whole Wheat Flour
- ¾ cup (68g) old-fashioned rolled oats
- ½ cup (106g) light brown sugar, packed
- 1 tablespoon baking powder
- ¼ teaspoon baking soda
- ½ teaspoon salt
- 1 cup (227g) buttermilk
- ½ cup (67g) vegetable oil or 5 tablespoons (71g) butter, melted
- 2 large eggs
- 1 teaspoon vanilla extract
- ½ cup (85g) Blueberry Jammy Bits

DIRECTIONS

Stir together flour, oats, sugar, baking powder, baking soda, and salt. In a separate bowl, beat together milk, oil or butter, eggs, and vanilla. Gently stir wet ingredients into dry ingredients, until just blended. Stir in Blueberry Jammy Bits. Let rest 20 minutes, then stir. Spoon into lightly greased muffin pan, filling wells about ¾ full.

Bake in a preheated 400°F oven 20 minutes, until golden brown and cake tester inserted in center comes out clean. Let cool in pan for 5 minutes before transferring to rack to finish cooling.

BEST IF USED BY:

Nutrition Facts

37 servings per container

Serving size 1 tbsp (12g)

Amount per serving

Calories **40**

% Daily Value*

Total Fat 0g **0%**

Sodium 10mg **0%**

Total Carbohydrate 10g **4%**

Total Sugars 8g

Includes 8g Added Sugars **16%**

Protein 0g

Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin D, calcium, iron and potassium.

*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: FRUIT (BLUEBERRY, APPLE PUREE, BLUEBERRY JUICE), SUGAR, GLUCOSE FRUCTOSE SYRUP, RICE FLOUR, PECTIN, PALM KERNEL OIL, CITRIC ACID, NATURAL FLAVOR, CITRUS FIBER.

DISTRIBUTED BY

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For information on allergens and cross-contact prevention, visit:
KingArthurBaking.com/Allergen-Program

Store cool and dry.



WE'RE HERE TO HELP.

Call or chat online with our friendly, experienced bakers.

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