

Sugar-free Muffins

using IREKS MULTI CAKE SUGAR-FREE

RECIPE SERVICE

IREKS MULTI CAKE SUGAR-FREE	1.000 kg
Whole egg	0.350 kg
Vegetable oil	0.320 kg
<u>Water, approx.</u>	<u>0.220 kg</u>
Total weight	1.890 kg

Mixing time:	3 minutes, slow
Scaling weight:	0.070 kg – 0.080 kg
Baking temperature:	180° C, giving slight steam
Baking time:	20 – 25 minutes
Instructions for use:	Mix all the ingredients until smooth, fill the batter into muffin tins and bake. After 3 minutes' baking time, give slight steam and finish baking with closed damper.

100 g muffins contain on average:

Energy	1537 kJ (369 kcal)
Fat	21.2 g
of which saturates	2.6 g
Carbohydrate	52.0 g
of which sugars	0.3 g
maltitol	27.6 g
Fibre	0.4 g
Protein	3.3 g
Salt	1.0 g

Sugar-free Muffins:
with sweetener
excessive consumption may produce laxative effects



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