



Grandma Maud's kitchen bakes it up with only the highest quality ingredients and our favorites are sure to please all ages.



Thaw & Serve

- Green Apple Cinnamon
- Blueberry
- Banana

Healthy Delicious Muffins



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Made In
The USA

Can custom make any flavor upon request.

www.GrandmaMauds.com

These delicious treats are made with no artificial preservatives, are an excellent bread substitute and are great for breakfast or as a snack anytime.

Nutrition Facts	
Serving Size 1 muffin (57g)	
Servings Per Container 1	
Amount Per Serving	
Calories 180	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carbohydrate 28g	9%
Dietary Fiber 2g	8%
Sugars 14g	
Protein 2g	6%
Vitamin A 10% • Vitamin C 10%	
Calcium 4% • Iron 10%	



Product Number
33030
Green Apple Cinnamon
2 oz

INGREDIENTS: Flour Blend (Whole Grain Flour, Wheat Flour (malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid)), Sugar, Water, Applesauce, Canola Oil, Protein Blend (Soy Flour, Corn Starch, Canola Oil, Vegetable Stabilizer, Lecithin, Beta Carotene), Invert Sugar, Baking Powder (Leavening), Natural Butter Flavor, Artificial Vanilla Flavor, Cinnamon, Baking Soda (Leavening), Natural & Artificial Green Apple Flavor, Nutrient Blend (Vitamin A Palmitate, Ascorbic Acid (Vitamin C), Iron, Vitamin D, Vitamin E, Vitamin B1, Vitamin B2, Riboflavin, Vitamin B3, Folic Acid, Vitamin B6, Vitamin B12, Pantothenic Acid, Biotin, Zinc, Calcium)

ALLERGENS: MILK, SOY, WHEAT

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Sugars 14g	
Protein 2g	6%
Vitamin A 10% • Vitamin C 10%	
Calcium 4% • Iron 10%	



Product Number
33031
Banana
2 oz

INGREDIENTS: Flour Blend (Whole Grain Flour, Wheat Flour (malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid)), Sugar, Water, Banana, Canola Oil, Protein Blend (Soy Flour, Corn Starch, Canola Oil, Vegetable Stabilizer, Lecithin, Beta Carotene), Invert Sugar, Baking Powder (Leavening), Natural Butter Flavor, Artificial Vanilla Flavor, Baking Soda (Leavening), Natural & Artificial Banana Flavor, Nutrient Blend (Vitamin A Palmitate, Ascorbic Acid (Vitamin C), Iron, Vitamin D, Vitamin E, Vitamin B1, Vitamin B2, Riboflavin, Vitamin B3, Folic Acid, Vitamin B6, Vitamin B12, Pantothenic Acid, Biotin, Zinc, Calcium)

ALLERGENS: MILK, SOY, WHEAT

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Dietary Fiber 2g	8%
Sugars 14g	
Protein 2g	6%
Vitamin A 10% • Vitamin C 10%	
Calcium 4% • Iron 15%	



Product Number
33032
Blueberry
2 oz

INGREDIENTS: Flour Blend (Whole Grain Flour, Wheat Flour (malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid)), Water, Sugar, Canola Oil, Wild Blueberries, Protein Blend (Soy Flour, Corn Starch, Canola Oil, Vegetable Stabilizer, Lecithin, Beta Carotene), Invert Sugar, Baking Powder (Leavening), Natural Butter Flavor, Artificial Vanilla Flavor, Baking Soda (Leavening), Natural & Artificial Blueberry Flavor, Xanthan Gum, Nutrient Blend (Vitamin A Palmitate, Ascorbic Acid (Vitamin C), Iron, Vitamin D, Vitamin E, Vitamin B1, Vitamin B2, Riboflavin, Vitamin B3, Folic Acid, Vitamin B6, Vitamin B12, Pantothenic Acid, Biotin, Zinc, Calcium)

ALLERGENS: MILK, SOY, WHEAT



Our muffins are healthful and meet the USDA requirements and nutrition standards for school meal items with more than 51% whole grain and under 200 calories.

Individually Wrapped Muffins
Lemon, Orange and Other Flavors Available Upon Request.

ITEM #	DESCRIPTION	PACK	ALLERGENS	SERVINGS SIZE	CASE LOAD (L x W x H)	CUBE	NET WT (lbs.)	GROSS WT (lbs.)
33030	Green Apple Cinnamon Muffin	96 / 2 oz	Milk, Soy, Wheat	2 oz	17 x 12 x 10	1.18	12	15
33031	Banana Muffin	96 / 2 oz	Milk, Soy, Wheat	2 oz	17 x 12 x 10	1.18	12	15
33032	Blueberry Muffin	96 / 2 oz	Milk, Soy, Wheat	2 oz	17 x 12 x 10	1.18	12	15

CASES PER LAYER	LAYERS PER LOAD	TOTAL CASES PER UNIT	STORAGE – SHELF LIFE
8	5	40	5 to 7 Days when stored at ambient temperatures 180 Days when stored frozen



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