

## Blueberry Muffin

Ingredients	Gram	Baker's %
Pea protein concentrate	12.5	5.8
Water at 75°C	38	18
Vanilla extract	3.4	1.6
Milk	185	86
Vegetable Oil	75	35
All purpose flour	215	100
Granulated sugar	150	70
Salt	3.0	1.4
Baking Powder	9.0	4.2
Blueberry	145	67
Granulated sugar	100	47
All purpose flour	40	19
Melted butter	55	26
Cinnamon	3.0	1.4

Nutrition Facts	
Serving Size (86g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 260</b>	Calories from Fat 90
% Daily Value*	
<b>Total Fat 10g</b>	<b>15%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol 10mg</b>	<b>3%</b>
<b>Sodium 190mg</b>	<b>8%</b>
<b>Total Carbohydrate 39g</b>	<b>13%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 24g	
<b>Protein 3g</b>	
Vitamin A 4%	Vitamin C 0%
Calcium 4%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

**Procedure:**

1. Mix pea protein concentrate with water and vanilla extract.
2. Mix pea protein concentrate mixture with milk, and vegetable oil.
3. Add dry ingredients. Fold in blueberry.
4. Fill medium size muffin cup and top with crumb mixture.
5. To make the crumb, combine granulated sugar, flour, melted butter, and cinnamon.
6. Bake at 400°F for 20-25 minutes.



1710 Burnt Boat Drive, Bismarck, ND 58501

701-222-0128

www.northernpulse.com