

No-Sugar-Added Muffin

MALTISWEET® CM40 Crystalline Maltitol

Ingredients	Percent
All Purpose White Flour	35.24
MALTISWEET® CM40 Crystalline Maltitol	18.80
Water	29.42
Vegetable Oil or Melted Vegetable Shortening	9.68
Dried Whole Egg	2.35
Nonfat Dry Milk	2.16
Baking Powder	1.79
Salt	0.56

Procedure

- Preheat oven to 400° F.
- Grease bottom of muffin pan lightly with cooking spray or line with paper baking cups.
- Blend water, dried whole egg, and nonfat dry milk in a mixing bowl with whisk.
- Gradually add to the mixing bowl the vegetable oil or melted shortening while mixing with whisk. Mix until thoroughly blended or no lumps appear.
- Sift together flour, MALTISWEET® CM40 Crystalline Maltitol, baking powder, and salt. With a rubber spatula, gently fold dry ingredients into mixing bowl until batter is moistened.
Note: batter should be lumpy and mixed for as little time possible.
- Immediately after batter is mixed, add approximately 2.5 tablespoons of the batter to each cup.
- Place directly into pre-heated oven for 20 minutes or until the top of the muffins spring back when lightly pressed with thumb.
- Once muffins have been removed from the oven, place on counter and allow to cool approximately 2-5 minutes before removing. Makes approximately 12 servings.

Nutrition Facts	
Serving Size (55g)	
Servings Per Container	
Amount Per Serving	
Calories 150	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1g	5%
Cholesterol 20mg	7%
Sodium 240mg	10%
Total Carbohydrate 26g	9%
Dietary Fiber less than 1 gram	2%
Sugars 1g	
Sugar Alcohol 10g	
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 8%	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	

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