

IT'S A NATURAL



GLUTEN FREE ENGLISH MUFFINS



Gluten Free







# GLUTEN FREE ENGLISH MUFFINS

## MADE WITH YOUR HEALTH IN MIND

Food For Life's unique gluten-free brown rice English muffins are specially developed to be moist, flavorful, and easy to use.

**We believe in keeping things pure and simple.** These gluten-free English muffins are made with your health in mind. Food safety and nutrition are extremely important to Food For Life, so **we use only certified organic brown rice, filtered water, and no added oil.** Further, we use only verified gluten-free ingredients and laboratory test our products.

You can prepare these Brown Rice English Muffins the same way as any English muffin. Gently separate, toast, and enjoy hot. Add fruit spread or nut butter (as desired). Remember to use care in handling, as gluten-free products tend to be more temperamental than wheat-based foods.

There's an endless sea of creative recipes using Food for Life's Gluten Free English Muffins.

**Just warm and serve!**



ITEM #185

### Gluten-Free Brown Rice English Muffins

**INGREDIENTS:** Organic Brown Rice Flour, Filtered Water, Tapioca Flour, Potato Starch, Yeast, Sea Salt, Xanthan Gum, Psyllium Husk.

**CONTAINS: Sesame**

Nutrition Facts	Amount Per Serving	% DV*	Amount Per Serving	% DV*
	<b>Total Fat</b> 0.5g	<b>1%</b>	<b>Total Carb</b> 21g	<b>8%</b>
Saturated Fat 0g	<b>0%</b>	Dietary Fiber 1g	<b>4%</b>	
Trans Fat 0g		Total Sugars 0g		
<b>Cholesterol</b> 0mg	<b>0%</b>	Incl. 0g Added Sugars	<b>0%</b>	
<b>Sodium</b> 80mg	<b>3%</b>	<b>Protein</b> 1g		

12 servings per container  
Serving size **1/2 muffin (43g)**  
**Calories per serving 100**

\*The % Daily Value (DV) 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.

Vit. D 0mcg 0% • Calcium 6mg 0% • Iron 2mg 10% • Potas. 30mg 0% • Thiamin 0mg 0% • Niacin 1mg 6% • Vit. B<sub>6</sub> 0.1mg 6% • Folate 5mcg DFE 2% • Phos. 29mg 2% • Magnesium 11mg 2% • Zinc 2mg 20% • Manganese 0.4mg 15%



ITEM #186

### Gluten-Free Multi Seed English Muffins

**INGREDIENTS:** Organic Brown Rice Flour, Filtered Water, Tapioca Flour, Potato Starch, Yeast, Flax Seeds, Chia Seeds, Sesame Seeds, Sunflower Seeds, Sea Salt, Xanthan Gum, Psyllium Husk.

**CONTAINS: Sesame**

Nutrition Facts	Amount Per Serving	% DV*	Amount Per Serving	% DV*
	<b>Total Fat</b> 1g	<b>1%</b>	<b>Total Carb</b> 22g	<b>8%</b>
Saturated Fat 0g	<b>0%</b>	Dietary Fiber 1g	<b>4%</b>	
Trans Fat 0g		Total Sugars 0g		
<b>Cholesterol</b> 0mg	<b>0%</b>	Incl. 0g Added Sugars	<b>0%</b>	
<b>Sodium</b> 65mg	<b>3%</b>	<b>Protein</b> 2g		

12 servings per container  
Serving size **1/2 muffin (43g)**  
**Calories per serving 100**

\*The % Daily Value (DV) 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.

Vit. D 0mcg 0% • Calcium 9mg 0% • Iron 1mg 6% • Potas. 33mg 0% • Thiamin 0mg 0% • Niacin 1mg 6% • Vit. B<sub>6</sub> 0.1mg 6% • Folate 4mcg DFE 2% • Phos. 31mg 2% • Magnesium 12mg 2% • Zinc 2mg 20% • Manganese 0.4mg 15%

Product	Item #	GTIN	UPC	Case Pack	Case Weight	Unit Case Dimensions L x W x H (inches)	Case Dimensions L x W x H (inches)	Case Cube	Tie x High	Pallet	Shelf Life
Gluten-Free Brown Rice English Muffins	185C6	10073472001858	073472001851	6/18 oz	8 lbs.	3.75" x 11" x 2.5"	11.38" x 8.13" x 7.63"	0.39 CF	15 x 9 High	135 cs	12 Mos Frzn, 2 Wks 45°, 5 Days 75°
Gluten-Free Multi Seed English Muffins	186C6	10073472001865	073472001868	6/18 oz	8 lbs.	3.75" x 11" x 2.5"	11.38" x 8.13" x 7.63"	0.39 CF	15 x 9 High	135 cs	12 Mos Frzn, 2 Wks 45°, 5 Days 75°

### FOOD FOR LIFE BAKING COMPANY, INC.

2991 Doherty Street | Corona, CA 92879-5811 | 800-797-5090 | 951-279-5090 | [info@foodforlife.com](http://info@foodforlife.com) | [foodforlife.com](http://foodforlife.com)

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