

# Morning Memory Muffins

Formulated with high-quality dairy ingredients to support brain and gut health



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# GLUTEN-FREE MORNING MEMORY MUFFINS

## INGREDIENTS

155.0g	Ripe Bananas	50.0g	Sour Cream <sup>3</sup>
141.0g	Sugar	49.0g	Whole Egg <i>Dairy Ingredients!</i>
120.0g	Gluten-free Flour	35.0g	Galacto-oligosaccharides (GOS) <sup>4</sup>
84.0g	Unsalted Butter <sup>1</sup> <i>Dairy Ingredients!</i>	2.6g	Baking Soda
58.0g	Whey Protein Phospholipid Concentrate (WPPC) <sup>2</sup>	1.6g	Baking Powder
		1.4g	Vanilla Extract
		1.3g	Salt

## DIRECTIONS

1. Mix unsalted butter and sugar on high until smooth.
2. Add eggs and banana puree and mix on low until smooth.
3. Add remaining ingredients and mix on low until smooth.
4. Fill mini muffin cups to desired height.
5. Bake at 350F for approximately 15 minutes for mini muffins.

Ingredients: Bananas, sugar, gluten free flour (sweet white rice flour, whole grain brown rice flour, potato starch, whole grain sorghum flour, tapioca, flour, xanthan gum), unsalted butter, whey protein phospholipid concentrate, sour cream, eggs, galacto-oligosaccharides, baking soda, baking powder, vanilla extract, salt.

Contains: Milk

<sup>1</sup> Butter provides a desirable flavor and tender texture.

<sup>2</sup> WPPC contains milkfat globule membrane (MFGM) which provides high-quality protein and essential phospholipids that support brain and gut health.

<sup>3</sup> Sour cream provides phospholipids while contributing to flavor and a tender texture.

<sup>4</sup> GOS provides pre-biotic fiber that supports gut health.

## Nutrition Facts

servings per container	
<b>Serving size</b>	<b>1 Muffin (110g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>350</b>
% Daily Value*	
Total Fat 15g	19%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 230mg	10%
Total Carbohydrate 46g	17%
Dietary Fiber 8g	29%
Total Sugars 28g	
Includes 23g Added Sugars	46%
<b>Protein 10g</b>	
Vitamin D 0mcg	0%
Calcium 79mg	6%
Iron 1mg	6%
Potassium 191mg	4%



# MAKE IT WITH DAIRY