

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!



Nutrition Facts	Amount Per Serving		% DV*		*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.	
	Total Fat	0.5g	1%	Total Carb		26g
12 servings per container Serving size 1/2 muffin (43g)	Saturated Fat	0g	0%	Dietary Fiber	1g	4%
	Trans Fat	0g		Total Sugars	0g	
Calories per serving 120	Cholesterol	0mg	0%	Incl. 0g Added Sugars	0%	
	Sodium	135mg	6%	Protein	1g	
Vit. D 0mcg 0% • Calcium 10mg 0% • Iron 2mg 10% • Potas. 60mg 2% • Thiamin 0.1mg 8% • Niacin 1mg 6% • Vit. B6 0.1mg 6% • Folate 9mcg DFE 2% • Phos. 61mg 4% • Magnesium 22mg 6% • Zinc 4mg 35% • Manganese 0.8mg 35%						

ITEM #185

Gluten-Free Brown Rice English Muffins

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

CONTAINS: Sesame



Nutrition Facts	Amount Per Serving		% DV*		*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.	
	Total Fat	1g	1%	Total Carb		25g
12 servings per container Serving size 1/2 muffin (43g)	Saturated Fat	0g	0%	Dietary Fiber	1g	4%
	Trans Fat	0g		Total Sugars	0g	
Calories per serving 120	Cholesterol	0mg	0%	Incl. 0g Added Sugars	0%	
	Sodium	125mg	5%	Protein	2g	
Vit. D 0mcg 0% • Calcium 15mg 2% • Iron 2mg 10% • Potas. 61mg 2% • Thiamin 0.1mg 8% • Niacin 2mg 15% • Vit. B6 0.1mg 6% • Folate 9mcg DFE 2% • Phos. 62mg 4% • Magnesium 22mg 6% • Zinc 4mg 35% • Manganese 0.8mg 35%						

ITEM #186

Gluten-Free Multi Seed English Muffins

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

CONTAINS: Sesame

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	1007347200185 8	0 7347200185 1	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	1007347200186 5	0 7347200186 8	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.

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