

2198257- PowerBar Energize Muffin Baking Mix Double Chocolate 400 g

Sales description

Baking mix for muffins - chocolate flavour. For athletes.

Ingredients

Wheat flour, fructose, sugar, maltodextrin, fat-reduced cocoa powder(8%), whole egg powder, raising agents (sodium carbonate), natural flavourings (with **milk**), salt, cinnamon, **wheat** malt flour, flour treatment agent (ascorbic acid). May contain traces of **soy**.

3 x 133g sachets in one packaging unit (Box)

Nutritional information on the basic recipe (without variations)	per 100 g*		per muffin* (40 g)	
	kJ	kcal	kJ	kcal
Energy	1092	258	441	104
Fat [g]	1,7		0,7	
of which saturates [g]	0,7		0,3	
Carbohydrates [g]	54		22	
of which sugars [g]	28		11	
Fibre [g]	2,4		1,0	
Protein [g]	5,1		2,1	
Salt [g]	1,4		0,56	

* prepared product

Suggested usage

- ▶ 1 muffin one hour before sports or the days before to fill up your carbohydrate reserves
- ▶ During endurance sports, it is recommended to take 90 g carbohydrates per hour depending on intensity and duration. 1 PowerBar ENERGIZE MUFFIN offers approximately 18-22 g carbohydrates depending on the size – this corresponds to 1/2 - 2/3 PowerBar ENERGIZE bar.

Preparation:

1. Stir a 133 g sachet into 80 ml of water – for approx. 4-6 muffins. You can also prepare the mix in a shaker.
2. Optional variations: Add ingredients of your choice - for instance dried fruits, ground nuts or Chia seeds.
3. When using an oven, fill approx. 2/3 of the muffin pans with the mix. When using a microwave, just fill them half.
4. Place the filled muffin pans in the centre of the oven, directly on the middle shelf. Bake for approx. 15 -20 minutes (depending on the filling level) OR put the muffins into the microwave with 800 watts for approx. 30 to 45 seconds. When baking several muffins together in the microwave, the baking time will be longer.
5. Allow the muffins to cool.
6. Prepared muffins can be stored for approx. 2 days or frozen.

This information serves for a better understanding.
The information and values provided on the packages are of major importance.

2198266 - PowerBar Energize Muffin Baking Mix Caramel Vanilla 400 g

Sales description

Baking mix for muffins - vanilla-caramel flavour. For athletes.

Ingredients

Wheat flour, sugar, fructose, maltodextrin, whole egg powder, natural flavourings (with **milk**), raising agents (sodium carbonate), salt, **wheat** malt flour, flour treatment agent (ascorbic acid). May contain traces of **soy**.
3 x 133g sachets in one packaging unit (box)

Nutritional information on the basic recipe (without variations)	per 100 g*		per muffin* (40 g)	
Energy	kJ kcal		kJ kcal	
	1091 257		440 104	
Fat [g]	1,2		0,5	
of which saturates [g]	0,3		0,1	
Carbohydrates [g]	56		23	
of which sugars [g]	29		12	
Fibre [g]	0,8		0,3	
Protein [g]	4,7		1,9	
Salt [g]	1,4		0,56	

* prepared product

Suggested usage

- ▶ 1 muffin one hour before sports or the days before to fill up your carbohydrate reserves
- ▶ During endurance sports, it is recommended to take 90 g carbohydrates per hour depending on intensity and duration. 1 PowerBar ENERGIZE MUFFIN offers approximately 18-22 g carbohydrates depending on the size – this corresponds to 1/2 - 2/3 PowerBar ENERGIZE bar.

Preparation:

1. Stir a 133 g sachet into 80 ml of water – for approx. 4-6 muffins. You can also prepare the mix in a shaker.
2. Optional variations: Add ingredients of your choice - for instance dried fruits, ground nuts or Chia seeds.
3. When using an oven, fill approx. 2/3 of the muffin pans with the mix. When using a microwave, just fill them half.
4. Place the filled muffin pans in the centre of the oven, directly on the middle shelf. Bake for approx. 15 -20 minutes (depending on the filling level) OR put the muffins into the microwave with 800 watts for approx. 30 to 45 seconds. When baking several muffins together in the microwave, the baking time will be longer.
5. Allow the muffins to cool.
6. Prepared muffins can be stored for approx. 2 days or frozen.

This information serves for a better understanding.
The information and values provided on the packages are of major importance.