

MyMuscleMug Cake Mixes - Originals

Ingredients and Nutritional Information

CHOCOLATE BROWNIE

Ingredients;

Milk Protein Concentrate, Coconut Flour, Raw Cacao Powder, Egg White Powder, Soy Lecithin, Flavouring, Sodium Bicarbonate, Sucralose

Nutrition;

Per 50g Serving (dry mix) - Calories 158, Fat 2.3g, of which Saturates 1.9g, Carbohydrates 6.2g, of which Sugars 3.6g, Fibre 7.2g, Protein 25.4g, Salt 0.7g

PEANUT BUTTER

Ingredients;

Milk Protein Concentrate, Coconut Flour, Peanut Butter Powder, Egg White Powder, Soy Lecithin, Flavouring, Sodium Bicarbonate, Sucralose

Nutrition;

Per 50g Serving (dry mix) - Calories 162, Fat 2.5g, of which Saturates 1.4g, Carbohydrates 8.1g, of which Sugars 4.1g, Fibre 5.4g, Protein 26.9g, Salt 1.2g

COFFEE

Ingredients;

Milk Protein Concentrate, Coconut Flour, Espresso Powder, Egg White Powder, Soy Lecithin, Flavouring, Sodium Bicarbonate, Sucralose

Nutrition;

Per 50g Serving (dry mix) - Calories 143, Fat 1.6g, of which Saturates 1.4g, Carbohydrates 5.3g, of which Sugars 3.6g, Fibre 4.2g, Protein 25.5g, Salt 0.7g

PUMPKIN SPICE

Ingredients;

Milk Protein Concentrate, Coconut Flour, Spice Mix, Egg White Powder, Soy Lecithin, Flavouring, Sodium Bicarbonate, Sucralose

Nutrition;

Per 50g Serving (dry mix) - Calories 159, Fat 1.6g, of which Saturates 1.4g, Carbohydrates 8.2g, of which Sugars 2.9g, Fibre 6.5g, Protein 27.1g, Salt 0.7g

CINNAMON SWIRL

Ingredients;

Milk Protein Concentrate, Coconut Flour, Cinnamon, Egg White Powder, Soy Lecithin, Flavouring, Sodium Bicarbonate, Sucralose

Nutrition;

Per 50g Serving (dry mix) - Calories 159, Fat 1.6g, of which Saturates 1.4g, Carbohydrates 8.2g, of which Sugars 2.9g, Fibre 6.5g, Protein 27.1g, Salt 0.7g

RED VELVET

Ingredients;

Milk Protein Concentrate, Coconut Flour, Raw Cacao Powder, Beetroot Powder, Egg White Powder, Soy Lecithin, Flavouring, Sodium Bicarbonate, Sucralose

Nutrition;

Per 50g Serving (dry mix) - Calories 160, Fat 1.8g, of which Saturates 1.3g, Carbohydrates 7.1g, of which Sugars 5g, Fibre 6.6g, Protein 25g, Salt 0.6g

CHOCOLATE COCONUT

Ingredients;

Milk Protein Concentrate, Coconut Flour, Raw Cacao Powder, Desiccated Coconut, Egg White Powder, Soy Lecithin, Flavouring, Sodium Bicarbonate, Sucralose

Nutrition;

Per 50g Serving (dry mix) - Calories 171, Fat 4.9g, of which Saturates 4.2g, Carbohydrates 4.5g, of which Sugars 2.9g, Fibre 5.7g, Protein 25g, Salt 0.6g

WHITE CHOCOLATE & RASPBERRY

Ingredients;

Milk Protein Concentrate, Coconut Flour, Egg White Powder, White Chocolate Chips (sugar, cocoa butter, dried whole milk, whey powder) Soy Lecithin, Flavouring, Sodium Bicarbonate, Freeze Dried Raspberries, Sucralose

Nutrition;

Per 50g Serving (dry mix) - Calories 168, Fat 3.1g, of which Saturates 2.3g, Carbohydrates 6.8g, of which Sugars 6.5g, Fibre 4.6g, Protein 26g, Salt 0.5g

BIRTHDAY CAKE

Ingredients;

Milk Protein Concentrate, Coconut Flour, Confetti Sprinkles (Sugar, Rice Flour, Palm Fat, Thickener (Tragacanth), Colours (Beetroot Red, Riboflavin, Mixed Carotenes, Anthocyanins), Safflower Concentrate, Spirulina Concentrate), Egg White Powder, Soy Lecithin, Flavouring, Sodium Bicarbonate, Sucralose

Nutrition;

Per 50g Serving (dry mix) - Calories 165, Fat 2g, of which Saturates 1.5g, Carbohydrates 10.4g, of which Sugars 10.2g, Fibre 4g, Protein 25.3g, Salt 0.8g

GINGERBREAD

Ingredients;

Milk Protein Concentrate, Coconut Flour, Brown Sugar, Ginger, Cinnamon, Egg White Powder, Soy Lecithin, Flavouring, Sodium Bicarbonate, Sucralose

Nutrition;

Per 50g Serving (dry mix) - Calories 165, Fat 1.5g, of which Saturates 1.2g, Carbohydrates 13.5g, of which Sugars 13.2g, Fibre 4g, Protein 25.2g, Salt 0.5g

CHOCOLATE ORANGE

Ingredients;

Milk Protein Concentrate, Coconut Flour, Chocolate Chunks (Sugar, Cocoa Mass, Cocoa Butter, Dried Skimmed Milk, Dried Whey (from Milk), Vegetable Fats (Palm, Shea), Milk Fat, Emulsifiers (Soya Lecithin, Sunflower Lecithin, E476), Orange Oil, Flavourings) Raw Cacao Powder, Egg White Powder, Soy Lecithin, Flavouring, Sodium Bicarbonate, Sucralose

Nutrition;

Per 60g Serving (dry mix) - Calories 210, Fat 5.1g, of which Saturates 3.6g, Carbohydrates 12.2g, of which Sugars 9.2g, Fibre 7.4g, Protein 26g, Salt 0.7g

MINCE PIE & CREAM

Ingredients;

Milk Protein Concentrate, Coconut Flour, Egg White Powder, Mixed Fruit (Sultanas (50%), Raisins, Candied Citrus Peel (14%), Currants, Sunflower Oil, Candied Citrus Peel contains: Glucose Syrup, Orange Peel, Lemon Peel, Sugar, Acidity Regulator (Citric Acid)) White Chocolate Chips (Sugar, Cocoa Butter, Dried Whole Milk, Whey Powder (Milk), Emulsifier) Soy Lecithin, Flavouring, Sodium Bicarbonate, Mixed Spice, Sucralose

Nutrition;

Per 60g Serving (dry mix) - Calories 201, Fat 3.4g, of which Saturates 2.2g, Carbohydrates 14.4g, of which Sugars 13.9g, Fibre 4.4g, Protein 25.3g, Salt 0.6g