

MyMuscleMug Cake Mixes - Vegan/Gluten Free Ingredients and Nutritional Information

CHOCOLATE TRUFFLE

Ingredients;

Pea Protein Concentrate, Brown Rice Protein Concentrate, Ground Flaxseed, Coconut Flour, Natural Flavour, Cocoa Powder, Raw Cacao Powder, Sodium Bicarbonate, Stevia Extract, Guar Gum, Salt

Nutrition;

Per 60g Serving (dry mix) - Calories 198, Fat 5.6g, of which Saturates 1g, Carbohydrates 9.3g, of which Sugars 1g, Fibre 9.9g, Protein 25.2g, Salt 0.3g

WHITE CHOCOLATE & STRAWBERRY

Ingredients;

Pea Protein Concentrate, Brown Rice Protein Concentrate, Coconut Flour, White Chocolate (Sugar, Cocoa Butter, Inulin, Maltodextrin, Maize Flour, Coconut Oil, Soya Lecithin, Flavourings) Ground Almonds, Natural Flavour, Dried Strawberries (glucose syrup) (wheat), Fructose, Modified Potato Starch, Sodium Alginate, Beet Root Powder, Sodium Bicarbonate, Stevia Extract, Guar Gum, Salt

Nutrition;

Per 60g Serving (dry mix) - Calories 233, Fat 6.5g, of which Saturates 2.9g, Carbohydrates 11.7g, of which Sugars 4.7g, Fibre 6.7g, Protein 27g, Salt 0.5g

PEANUT BUTTER CHOC CHIP

Ingredients;

Pea Protein Concentrate, Brown Rice Protein Concentrate, Almond Flour, Choc Chips (Sugar, Cocoa Butter, Cocoa Mass, Rice Syrup, Inulin, Coconut Oil, Rice Flour, Flavourings, Emulsifier: (Soya Lecithin)) Coconut Flour, Natural Flavour, Peanut Flour, Sodium Bicarbonate, Stevia Extract, Guar Gum, Salt.

Nutrition;

Per 60g Serving (dry mix) - Calories 254, Fat 8.8g, of which Saturates 2.7g, Carbohydrates 10.9g, of which Sugars 5.1g, Fibre 5g, Protein 25.9g, Salt 0.4g