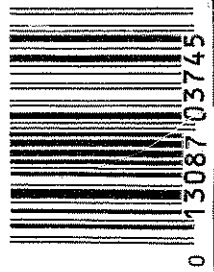


INGREDIENTS: ENRICHED FLOUR (FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, EGGS, INVERT SUGAR, APPLE SAUCE, BROWN RICE FLOUR, SOYBEAN OIL, WATER. CONTAINS 2% OR LESS OF THE FOLLOWING: FOOD STARCH—MODIFIED, LEAVENING (SODIUM ALUMINUM PHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), CORN STARCH, WHEY PROTEIN CONCENTRATE, CINNAMON, SALT, POTASSIUM SORBATE AS A PRESERVATIVE, NATURAL AND ARTIFICIAL FLAVOR, PROPYLENE GLYCOL MONOSTEARATE, MONOGLYCERIDES, SODIUM STEAROYL LACTYLATE, XANTHAN GUM, LECITHIN, CARAMEL COLOR. NUTRIENT BLEND: ASCORBIC ACID (VITAMIN C), VITAMIN E ACETATE, VITAMIN A PALMITATE, ZINC OXIDE, CALCIUM SULFATE, REDUCED IRON, NIACIN, VITAMIN D-3, CALCIUM PANTOTHENATE, PYRIDOXINE HYDROCHLORIDE, FOLIC ACID, RIBOFLAVIN, THIAMIN MONONITRATE, BIOTIN, VITAMIN B-12. CONTAINS: MILK, WHEAT, EGGS

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 For more information on this product contact 1-888-ASK-OTIS
 or visit our website at www.spunkmeyer.com



NET WT
1.8 OZ (51g)

Delicious Essentials
Muffin
 MADE WITH WHOLE GRAIN
Apple Cinnamon
 Otis Spunkmeyer

Fortified with
10 Vitamins
& Minerals

Nutrition Facts

Serving Size 1.8 oz. (51g)
 Servings Per Container 1
Calories 170
 Calories from Fat 50

Amount/Serving	% DV*	Amount/Serving	% DV*
Total Fat 5g	8%	Potassium 90g	3%
Sat. Fat 1g	6%	Total Carb. 27g	9%
Trans Fat 0g		Dietary Fiber 1g	4%
Cholest. 30mg	10%	Sugars 15g	
Sodium 160mg	6%	Protein 3g	
Vitamin A 25% • Vitamin C 25% • Calcium 4% • Iron 30% • Vitamin D 25%			
Vitamin E 25% • Thiamin 15% • Riboflavin 10% • Niacin 4%			
Vitamin B6 25% • Folate 30% • Vitamin B12 25% • Biotin 25%			
Pantothenic Acid 6% • Phosphorus 8% • Magnesium 0% • Zinc 25%			

* Percent Daily Values (DV) are based on a 2,000 calorie diet.