

THRIVE

MUFFIN MIX

1 c. Flour
1/4 c. Sugar
1 tsp. Baking Powder
1/2 tsp. Salt
1 1/2 T. Thrive Instant Milk
1/4 c. Thrive Butter Powder
1 T. Thrive Scrambled Egg Mix
1/2 c. Thrive Freeze-Dried Fruit

Combine contents of jar with 1 cup of water and mix with a hand mixer. Gently stir in freeze-dried fruit (can break into smaller pieces if desired). Pour into muffin tins and bake at 350 for 25-30 minutes.

YourThriveLife.com

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Combine contents of jar with 2 cup of water and mix with a hand mixer. Gently stir in freeze-dried fruit (can break into smaller pieces if desired). Pour into muffin tins and bake at 350 for 25-30 minutes.

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