

IN-DEY-GO

Frozen Muffin Dough



Choose from **6** fabulous flavours!

Lemon Poppyseed

A delicious combination of lemon, honey, buttermilk and poppy seeds makes for a zesty and zen-ful treat.

Rise and Shine

A great way to start your day. This muffin is chock full of healthy ingredients such as raisins, zucchini, carrots and walnuts.

Cranberry Oatmeal

A delicious blend of oatmeal and cranberries with a hint of spice makes this one of our all time favourites.

Apple Cinnamon Spice

Fresh granny smith apple chunks mixed with cinnamon and spice. Guaranteed to put a smile on your face.

Chocolate Chip Banana

Kids love this muffin. A great alternative for an after school snack or as a lunch box treat.

Honey Banana Blueberry Bran

A blueberry classic. Heaping amounts of fresh blueberries combined with banana make this a hit with the kids and adults in your family.

Made with non-hydrogenated ingredients
No preservatives added
Not available in stores
Comes packaged in a 3 lb tub



Each tub makes 24 muffins
Just thaw, scoop and bake – delicious gourmet muffins in minutes
In-Dey-Go Muffin Dough meets school board “Choose Most” guidelines

