



Veggie Cakes



FARM to TABLE™

Veggie Cakes Recipe's **Mixem** Anyway You Wantem

For large batch (25 / 50 lbs) please follow instructions on mix bag
No GMO

Always best to use Organic Fruits & Veggies when possible

Cornvalicious (Corn Muffin)

Small Batch (approx 10-12 / 2 oz. Muffins)

Prep time 15 min

INGREDIENTS

- 🥄 16 oz. Veggie Cake Whole Grain Corn Mix
- 🥄 0.64 oz. oil (4 teaspoons)
- 🥄 10.5 oz. of water

DIRECTIONS

- 🥄 Preheat oven to 370 degrees F
- 🥄 Grease muffin pans or line with paper liners/ or cornbread pan
- 🥄 Place Veggie Cakes Whole Grain Corn Mix into a large mixing bowl then place 10.5 oz. of water and oil and mix with hand mixer on low speed for 1 minute, then medium speed for 2 minutes
- 🥄 Pour / or scoop batter (with ice cream scooper) into muffin liners and bake 25-30 min

Cornvalicious Cobblers

- 🥄 Follow all the directions on the left side; place about ¼ cup or more of your favorite fruit on the bottom of a cobbler baking cup, pour approx 2 oz. of batter on top and bake 18-22 min
- 🥄 May serve garnished with whip cream, a little chocolate piece, and fruit slice

Cornvalicious Loaf

- 🥄 Follow all the directions on the left side; then pour the batter in a non-stick loaf pan and bake, approx 25 min - 30 min
- 🥄 Allow loaf to cool in the pan for 15 minutes, remove from pan and cool completely
- 🥄 Cut loaf in half (loaf can still be slightly warm) and spread your favorite fresh fruit over the bottom layer of the loaf, can use nuts if no allergies
- 🥄 Place remaining loaf layer back on top over fruit layer
- 🥄 May also serve in dessert cups and garnish w a little bit of whip cream, drizzle and fruit slice

Bake: in conventional oven at 370°F for approx. 15- 20 minutes (in low cupcake liners in muffin pan, or sheet cake pan)

Bakes 16 – 18 / 2oz muffins – or sheet cake.

Muffin/cupcakes bake 15–20 min. Individual Cobblers bake 20-25 min. Pan Cobblers bake 25-30 min. Loaves bake 25-30 min.

STORAGE: Store muffins, loaves, cakes in plastic zip lock bags or closed container

Nutrition Facts

servings per container
Serving size 2 oz (57g)

Amount per serving
Calories 130

% Daily Value*

Total Fat 3g 4%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 95mg 4%

Total Carbohydrate 25g 9%

Dietary Fiber 2g 7%

Total Sugars 11g

Includes 10g Added Sugars 20%

Protein 3g

Vitamin D 0mcg 0%

Calcium 73mg 6%

Iron 1mg 6%

Potassium 43mg 0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.