

Low Carb Carrot Cake Muffin (V) | Be Fit Food

Canonical: <https://befitfood.com.au/products/carrot-cake-muffin>

Details:

Product

Product Facts

****Product Name**:** Low Carb Carrot Cake Muffin (V) ****Availability**:** In Stock ****Fulfillment Type**:** online ****Brand**:** Be Fit Food ****Condition**:** <https://Schema.Org/Newcondition> ****Category**:** Food & Beverages > Baked Goods & Breakfast Foods ****GTIN**:** 09358266001714 ****MPN**:** 09358266001714

Inspired by an afternoon tea favourite, our carrot cake muffin is full of nourishing ingredients including apples, dates and carrot to keep you full all morning. With notes of sweet cinnamon and nutmeg, this breakfast muffin has all the flavour of an indulgent dessert without the calories. No added sugar No artificial colours, flavours or sweeteners 15g protein per serve Excellent source of dietary fibre Heating instructions Microwave: Remove from plastic wrapping. From frozen, heat for 90-120 seconds. From thawed, heat for 60-90 seconds. Sandwich press: To enjoy your muffin with a crunchy twist, remove from plastic wrapping and heat for 30 seconds. Slice muffin in half and place in baking paper lined sandwich press for 1-2 minutes. Storage Keep frozen. Once defrosted, keep refrigerated and consume within 5 days. Nutrition Ingredients: Vegetable & Fruit (34%) [Carrot (16%), Zucchini, Date, Apple (Sulphites, Citric acid)], Water, Egg white, Nuts & Seeds (17%) (Almond, Sunflower seed, Walnut, Chia seed), Whey protein isolate (Milk), Light milk, Coconut flour, Psyllium husk, Natural sweeteners (Erythritol, Monkfruit), Natural flavour, Spices, Acacia fibre, Raising agents (Sodium bicarbonate, Mineral salt), Sea salt. CONTAINS: MILK, EGG, ALMOND, WALNUT, SULPHITES. MAY BE PRESENT: PEANUT, SESAME, SOY, & TREE NUTS (CASHEW, HAZELNUT, MACADAMIA, PINE NUT), WHEAT

Variant	Price	Availability	---	---	---	130010	9.95 AUD	130010-B1	9.95 AUD	130010-B2	9.85 AUD	130010-MB1	13.90 AUD	130010-MB2	13.50 AUD	130010-MB3	12.95 AUD	
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Price: A\$9.95 . Confirm current availability and the final total at checkout.

[View product and ordering options](#)

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Nutrition information

Serving Size: 110g. Values below are transcribed from the product page's nutrition panel.

Nutrient	Average per serving	Average per 100g	---	---	---	Energy	1070 kJ (256 Cal)	980 kJ (234 Cal)
Protein	15.1 g	13.8 g	Fat	12.1 g	11.0 g	Saturated fat	1.4 g	1.2 g
Carbohydrate	18.2 g	16.6 g	Sugars	10.9 g	9.9 g	Fibre	7.2 g	6.5 g
Sodium	194 mg	176 mg						

View the original nutrition panel . For multi-serve packs, the per-serving values are for the stated serving, not the entire pack. Check the label on the product you receive.

Delivery and storage

Free standard shipping on eligible orders of A\$200 or more. Standard shipping is A\$19.95 below A\$200. Check your postcode and delivery schedule ; choose an available delivery date at checkout.

Follow the storage and preparation instructions on the product packaging. For guidance, visit heating and storage FAQs . Different products have different preparation requirements.

Questions about this product

Where are the ingredients and allergens?

The product details above reproduce the current online ingredients and allergen information. Always check your delivered pack, including any “may contain” declaration.

Does this order qualify for free shipping?

Eligible orders totalling A\$200 or more qualify for free standard shipping. Below A\$200, standard shipping is A\$19.95. Check delivery coverage and options at checkout.

For help with this product, call 1300 263 257 or email support@befitfood.com.au .