Monument Standard 1kg Cutter Doves Farm.

5mm Bleed (if solid print)

DO NOT TRIM PLATES

60mm | 100mm | 60mm | 97mm

330mm Repeat

160mm Print height to top of bag

50mm

25mm

65mm

332

172675 v3 - Marriages Organic Self Raising Light Brown Flour 1kg
Inks: Warm Gray 1 Warm Gray 2 300 Black CUTTER

VCG connect

Maximum Graphics Line

connect

Job Number	**172675 v3**
Job Title	Marriages Organic Self Raising Light Brown Flour 1kg
Customer	Monument Paper Bag Co Ltd
Printer	Monument Flour Bags
CSR	P.Entwistle
Date	8/6/2014
Cutter No	NA
Order No	Bill
Process	Flexo
Barcode	EAN 13, 5011259055968
Operator	d.read
Ref No	NA
Plate No	NA
Job Size	330.000mm x 332.000 mm

These colours are only a guide, please refer to the Pantone® book for an accurate colour match.

PANTONE Warm Gray 1 C 85.17% | PANTONE Warm Gray 2 C 10.4% | PANTONE 300 U 5.59% | PANTONE Black U 28.08%

QUALITY ASSURANCE

Content Checked By:

Date: / /

Colour Checked By:

Date: / /

Although this proof/file has been checked in compliance with stringent quality assurance procedures, errors can occur. It is the customers responsibility to check this design for content, size, layout and colour separation prior to advising final approval to print.

Studios 2 & 3 • Roach Bank Road • Pilsworth • Bury • BL9 8RQ
Tel: 0161 796 9696 • enquiries@vcg-connect.com

ORGANIC
SELF RAISING LIGHT BROWN FLOUR

SOURCE OF FIBRE

1KG

Our nutritious brown flour combines the nutty flavour of wholemeal with the easy handling of white flour.

NUTRITION INFORMATION	Per 100g
Energy	330kcal 1395kj
Fat	1.6g
of which saturates	0.3g
Carbohydrate	73.3g
of which sugars	2.4g
Fibre	9.7g
Protein	10.4g
Salt	0.9g

INGREDIENTS

Flour (**wheat** flour, calcium, iron, niacin, thiamin), raising agents (sodium bicarbonate e500, calcium phosphate e341(i))

Manufactured in the UK. Flour is made from wheat from more than one country.

GUARANTEE This product should reach you in perfect condition. If you are not entirely satisfied, please return it with the packaging. Your statutory rights remain unaffected by this guarantee.

STORAGE INSTRUCTIONS Store in a cool, dry place. Once opened, store in an airtight container.

BEST BEFORE See top of pack.

CERTIFIED BY THE ORGANIC FOOD FEDERATION

GB-ORG-04
EU/Non-EU Agriculture

MARRIAGE'S
THE MASTER MILLERS

ORGANIC
SELF RAISING
LIGHT BROWN
FLOUR

LIGHTER THAN WHOLEMEAL, MORE FIBRE THAN WHITE

FOR CAKES, SCONES & MUFFINS

MILLING SUPERIOR QUALITY FLOUR SINCE 1824

THE MARRIAGE FAMILY

W&H Marriage & Sons Ltd has been milling flour in Essex since 1824.

Marriage's was founded by twins William and Henry nearly 200 years ago. Today the fifth and sixth generations of the Marriage family continue the milling tradition at Chelmer Mills (pictured above). We source top quality wheat from organically certified farms. Our flour is produced using a combination of the traditional techniques we have trusted for generations and the best modern milling technology.

MARRIAGE'S RANGE
includes ORGANIC, SPECIALITY *and* STONEGROUND *flours.*

BLUEBERRY MUFFINS

PREPARATION TIME
20 minutes
BAKING TIME
20 minutes
MAKES 12 MUFFINS

INGREDIENTS

- 300g Organic Self Raising Light Brown flour
- 175g unrefined caster sugar
- A pinch of sea salt
- Grated rind of 1 unwaxed lemon
- 60ml sunflower oil
- 1 large egg, beaten
- 225ml milk
- 225g blueberries
- A muffin tray lined with paper muffin cases

METHOD

1. Preheat the oven to 200°C fan/220°C/440°F/ Gas 6.
2. Mix the flour with the sugar, salt and lemon rind in a mixing bowl. Make a well in the centre, then pour in the oil, beaten egg and milk,
3. Stir gently with a wooden spoon until roughly mixed, then add the fruit and stir until just combined (for the best texture don't overmix).
4. Spoon the mixture into the muffin cases and bake in the heated oven for 15–20 minutes until golden and firm to the touch.
5. Remove from the tray and cool the muffins on a wire rack.
6. Eat warm or at room temperature. Best eaten within 24 hours.

RECIPE TIP

The muffins can be made with raspberries instead of blueberries. If you don't have any fresh fruit, use frozen fruit straight from the freezer.

W&H MARRIAGE & SONS LTD
CHELMER MILLS • CHELMSFORD • ESSEX • CM1 1PN
01245 354455 WWW.FLOUR.CO.UK

VISIT WWW.FLOUR.CO.UK FOR MORE RECIPES
floursales@marriagesmillers.co.uk

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172675 v3 - Date: 6-AUG-14