

From: [REDACTED] <[REDACTED]>
To: Karyna Shuliak <[REDACTED]>
Cc: Ann Rodriquez <[REDACTED]>, [REDACTED], Lyn Fontanilla <[REDACTED]>
Subject: Re: Muffins recipe changed!
Date: Tue, 02 Aug 2016 14:27:51 +0000

Ok thank you Karyna.

[REDACTED]

Sent from my iPhone

> On Aug 2, 2016, at 10:18 AM, Karyna Shuliak <[REDACTED]> wrote:
>
> Hello Ann, [REDACTED] and [REDACTED]!
> Please note, that Mr. Epstein's muffin recipe has changed. Please see below and only use the ingredients listed. I will send you a photo of the brands for each ingredients. If you have any questions, please ask Lyn.
> Thank you!
> Karyna.
>
> Ingredients:
>
> For the muffin mix:
> - 4 large eggs
> - 1 cup olive oil
> - 1/2 cup dark brown sugar
> - 7 cups almond flour
> - 4 cups whole milk
> - 4 cups digestive bran
> - 1/2 cup ground flax seed
> - 1/2 cup whole flax seed
> - 5 teaspoons baking soda
> - 1/4 teaspoon salt
> - 1 cup raisins
> - 1 teaspoon vanilla extract
>
> For the topping need equal amounts (Lyn does a handful of each) of:
> -pecans
> -walnuts
> -sliced almonds
> -whole flaxseed
> -flaxseed meal
>
> In addition need some extra flaxseed to put on top before the topping
>