

MUFFINS • SNACK BALLS • GRANOLAS
PARTY MIX • NUT BUTTERS • COOKIES



MENU

LOCAL DELIVERY • CATERING
BULK ORDERS • GIFTS

TO ORDER

CALL OR TEXT LAURA (832) 986-5537
OR EMAIL ORDERS@MERRYMUFFINS.COM

Where healthy meets delicious

MerryMuffins offers baked goods that are healthy yet delicious, with a variety of flavors that can be enjoyed any time of day, as a meal or a snack. Here, you will find delicious sweet muffins offered alongside savory meal-like muffins, snack balls, granolas, homemade butter spreads and cookies.

We use the healthiest ingredients in all our products. Fresh fruits and vegetables, Greek yogurt, Monkfruit, Kerrygold butter - to name a few. All recipes are optimized to include the lowest amount of trans fat, sugars and calories possible. Gluten-free and vegan options are also available.

[Explore all the options here in our menu...](#)

SWEET MUFFINS

sold by 6 pack for \$16.95

① Apple Pie

137 cal, 3g fiber, 2g fat, 34g carb, 4g pro

INGREDIENTS

White wheat flour, fresh gala apples, Monkfruit, Greek yogurt, cinnamon, eggs, vanilla, applesauce, Kerrygold butter, Himalayan pink salt, lemon zest, brown sugar

② Banana Nut

165 cal, 4g fiber, 3g fat, 42g carb, 5g pro

INGREDIENTS

White wheat flour, Greek yogurt, ripe bananas, applesauce, Kerrygold butter, walnuts, Monkfruit, Turbinado, Himalayan pink salt, Truvia, cinnamon, allspice, vanilla, egg whites

③ Chocolate Chip Banana

199cal, 4g fiber, 5g fat, 46g carb, 5g pro

INGREDIENTS

Fresh bananas, white wheat flour, egg whites, Greek yogurt, applesauce, Kerrygold butter, vanilla, Monkfruit, Himalayan pink salt, Turbinado, Truvia, dark chocolate chips

④ Chocolate Lava

152 cal, 4g fiber, 5g fat, 35g carb, 8g pro

INGREDIENTS

White wheat flour, oat flour, whey protein, Monkfruit, flax, egg whites, coconut flour, applesauce, Greek yogurt, cocoa, 2% milk, vanilla, Himalayan pink salt, cream of tartar, brown sugar, canola oil, chocolate discs

⑤ Coffee Crumb Cake

192 cal, 3g fiber, 8g fat, 39g carb, 4g pro

INGREDIENTS

White wheat flour, low fat butter-milk, Monkfruit, vanilla, Kerrygold butter, cinnamon, ginger, light sour cream, brown sugar, eggs

⑥ Lemon Cake

169 cal, 2g fiber, 8g fat, 42g carb, 5g pro

INGREDIENTS

White wheat flour, lemon pudding mix, Himalayan pink salt, eggs, Monkfruit, Kerrygold butter, vanilla, lemon extract, lemon juice, canola oil, Greek yogurt, lemon zest, 2% milk

⑦ Cinnamon Roll

127 cal, 3g fiber, 3g fat, 44g carb, 6g pro

INGREDIENTS

White wheat flour, Himalayan pink salt, Monkfruit, eggs, 2% milk, vanilla, Greek yogurt, cinnamon, Kerrygold butter

⑧ Vegan Chocolate Cake

149 cal, 9g fiber, 5g fat, 39g carb, 4g pro

INGREDIENTS

White wheat flour, flax, beets, applesauce, Vitafiber, vanilla, brown sugar, Himalayan pink salt, almond milk, cocoa, dairy free chocolate chips

⑨ Gluten-Free Blueberry*

182 cal, 1g fiber, 4g fat, 44g carb, 8g pro

INGREDIENTS

Juicy blueberries, gluten-free flour blend, whey protein, low fat buttermilk, light sour cream, Greek yogurt, Monkfruit, applesauce, Kerrygold butter, lemon zest, eggs, vanilla, Himalayan pink salt

⑩ Gluten-Free Carrot Cake*

163 cal, 2g fiber, 5g fat, 42g carb, 4g pro

INGREDIENTS

Shredded carrots, pineapple, coconut, walnuts, raisins, gluten-free flour blend, Monkfruit, cinnamon, Himalayan pink salt, low fat buttermilk, Greek yogurt, eggs, vanilla

* PLEASE NOTE

Items are not prepared in a gluten-free kitchen

SEASONAL SWEET MUFFINS

sold by 6 pack for \$16.95

① Pumpkin

183 cal, 3g fiber, 7g fat, 49g carb, 5g pro

INGREDIENTS

Pumpkin, white wheat flour, Monkfruit, eggs, 2% milk, vanilla, brown sugar, cinnamon, cloves, nutmeg, Himalayan pink salt, Kerrygold butter, canola oil, applesauce

② Cranberry

165 cal, 3g fiber, 7g fat, 39g carb, 4g pro

INGREDIENTS

Cranberries, eggs, brown sugar, Monkfruit, Smart Balance light, Kerrygold butter, vanilla, almond extract, white wheat flour, Himalayan pink salt

③ Gingerbread

184 cal, 2g fiber, 6g fat, 35g carb, 4g pro

INGREDIENTS

White wheat flour, ginger, cinnamon, brown sugar, Monkfruit, low fat buttermilk, molasses, Kerrygold butter, eggs

SAVORY MEAL MUFFINS

sold by 4 pack for \$18.95

① Turkey Pepperoni & Cheese

360 cal, 6g fiber, 14g fat, 47g carb, 22g pro

INGREDIENTS

White wheat flour, Monkfruit, turkey pepperoni, Greek yogurt, mozzarella cheese, cheddar cheese, 2% milk, Smart Balance light, eggs, tomatoes, pizza seasoning

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② Turkey Taco

314 cal, 6g fiber, 12g fat, 34g carb, 19g pro

INGREDIENTS

Seasoned turkey taco meat, whole wheat tortillas, fat free refried beans, riced cauliflower, cheddar cheese, pico de gallo

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③ Chorizo Biscuit

345 cal, 4g fiber, 19g fat, 22g carb, 23 pro

INGREDIENTS

Turkey chorizo sausage, white wheat flour, eggs, egg whites, cheddar cheese, biscuit dough, rice cauliflower, onions, 2% milk, special seasoning, Himalayan pink salt

④ Grain Free Broccoli & Cheese*

310 cal, 6g fiber, 24g fat, 12g carb, 17g pro

INGREDIENTS

Riced broccoli, eggs, egg whites, Kerrygold butter, coconut flour, mozzarella cheese, cheddar cheese, oregano, basil, special seasoning, tomatoes, onions, cilantro

⑤ Chicken Lasagna

380 cal, 2g fiber, 14g fat, 42g carb, 20g pro

INGREDIENTS

Wonton wrappers, chicken meatballs, riced broccoli, low fat parmesan, mozzarella, low fat ricotta cheese, pasta sauce

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⑥ Turkey Bacon & Cheese

330 cal, 4g fiber, 17g fat, 37g carb, 16g pro

INGREDIENTS

Turkey bacon, cheddar cheese, shredded zucchini, riced cauliflower, onions, white wheat flour, Monkfruit, light sour cream, low fat buttermilk, Kerrygold butter, eggs, egg whites, special seasoning, Himalayan pink salt

⑦ Gluten-Free Greek Hamburger*

316 cal, 3g fiber, 14g fat, 28g carb, 21g pro

INGREDIENTS

Lean ground beef, gluten-free flour blend, reduced fat feta cheese, shredded zucchini, riced cauliflower, diced onions, 2% milk, eggs, Himalayan pink salt, red pepper, Rotel tomatoes

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⑧ Gluten-Free Chicken Zucchini Quiche*

248 cal, 2g fiber, 11g fat, 20g carb, 16g pro

INGREDIENTS

Chicken apple sausage, hash browns, riced cauliflower, shredded zucchini, eggs, egg whites, 2% milk, almond milk, gluten-free flour blend, cheddar cheese, mozzarella cheese, onions, pepper, Himalayan pink salt

* PLEASE NOTE
Items are not prepared in a gluten-free kitchen

SNACK BALLS

sold by 12 pack for \$19.95

① Cinnamon Vanilla

128 cal, 3g fiber, 5g fat,
15g carb, 6g pro

INGREDIENTS

Oats, homemade cinnamon almond butter, almond flour, whey protein, vanilla, pure maple syrup, cinnamon

② Cocoa Almond & Coconut*

120 cal, 3g fiber, 7g fat,
14g carb, 4g pro

INGREDIENTS

Dates*, almonds, homemade cinnamon almond butter, cocoa, coconut, Himalayan pink salt, vanilla, almond milk, collagen

③ Peanut Butter Chocolate Chip

120 cal, 2g fiber, 7g fat,
14g carb, 5g pro

INGREDIENTS

Oats, homemade peanut butter, flax, coconut, collagen, dark chocolate chips, Vitafiber, vanilla

④ Apple Pie*

85 cal, 3g fiber, 3g fat,
13g carb, 4g pro

INGREDIENTS

Oats, dried apples, dates*, almonds, collagen, Vitafiber, cinnamon, allspice

⑤ Lemon Nut*

128 cal, 2g fiber, 7g fat,
14g carb, 6g pro

INGREDIENTS

Dates*, cashews, almonds, lemon extract, lemon zest, collagen

⑥ Chocolate Chip Cookie Dough

128 cal, 2g fiber, 6g fat,
9g carb, 11g pro

INGREDIENTS

Oats, vanilla protein powder, cashew butter, almond milk, vanilla, dairy free chocolate chips, collagen powder

*Dates may contain pit fragments

GRANOLAS & PARTY MIX

large bag (9 cups) for \$15.00

① Cinnamon Granola

130 calories for 1/2 cup

INGREDIENTS

Oats, homemade cinnamon almond butter, Vitafiber, cinnamon cereals, cinnamon graham crackers, cinnamon, Monkfruit, sugar free syrup

② Gluten-Free Vegan Peanut Butter Granola*

115 calories for 1/2 cup

INGREDIENTS

Gluten-free oats, peanuts, Vitafiber, gluten-free Rice Chex, gluten-free Corn Chex, gluten-free pretzels, sugar free syrup, brown sugar

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③ Party Mix

110 calories for 1/2 cup

INGREDIENTS

Oyster crackers, plantain chips, pretzels, Rice Chex, puffed rice, Kerrygold butter, Worcestershire sauce, Vitafiber, seasonings

NUT BUTTERS

1 pint for \$12.00

① **Homemade Peanut Butter***

Gluten-free, vegan, low carb, high fiber, high protein, low cal - 50 cal per tablespoon

INGREDIENTS
Vanilla almond milk, PB2, vanilla, Himalayan pink salt, Smart Balance peanut butter

② **Cinnamon Almond Butter***

Gluten-free, vegan, low carb, high fiber, low cal - 50 cal per tablespoon

INGREDIENTS
Almonds, almond milk, Vitafiber, cinnamon, vanilla, Truvia

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COOKIES

sold by the dozen for \$33.90

Iced Flower Cookies

250 cal each

INGREDIENTS Kerrygold butter, canola oil, Monkfruit, eggs, white wheat flour, cream of tartar, Himalayan pink salt, light sour cream, vanilla, food coloring (for icing).

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TO ORDER