

From: Karyna Shuliak <[REDACTED]>

To: Ann Rodriquez <[REDACTED]>, [REDACTED], [REDACTED]>

Cc: Lyn Fontanilla <[REDACTED]>

Subject: Muffins recipe changed!

Date: Tue, 02 Aug 2016 14:18:33 +0000

Hello Ann, [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