

# Fitness Ireland launches freshly made muffins with Paleo recipe



Freshly baked muffins for the health conscious, delivered direct to your door

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Summary **Fitness Ireland are delighted to announce the launch of it's new Paleo Muffin range. Baked to order by specialist bakery, Blás Bake and delivered straight to your door by overnight courier.**

**Muffins come in 6 pack mini muffins and individually. These muffins taste amazing and are great for a snack in the middle of the day.**

Details Fitness Ireland are delighted to announce the launch of freshly baked muffins. They are made from a Paleo recipe, for a healthier snack option.

Fitness Ireland has recently started selling muffins that are made using a Paleo recipe, for those who do not want to sacrifice amazing food to feel better. Even though the Paleo diet is somewhat restrictive to the foods that one will eat while on the diet, the muffin that Fitness Ireland are selling taste exactly like the real deal.

The Paleo diet revolves around 'paleolithic eating', or eating like our late ancestors did, to be very brief. This means all natural foods, which mainly includes meats and vegetables, considering the fact that our ancestors were hunters and gatherers thousands of years ago. Paleo diets do not include grains, dairy, sugar, legumes and hydrogenated and trans oils.

Two different types of muffin orders are available, and are selling fast. The first order for muffins is pack of 6 that contain 3 chocolate chip mini muffins and 3 blueberry mini muffins. Customers are able to order a single pack, a double, triple or even 4 or more packs of these delicious little muffins.

The second muffin order that is available are single, regular-sized muffins that come in three delicious flavors. Customers are able to order a single muffin, or they can order two, three, four or how many as they want. The flavors that are available are blueberry, raspberry and traditional chocolate chip.

Every muffin is freshly made as soon as the order comes in, and is shipped to customer's front door the next day. Not only are these Paleo-recipe made muffins nothing but delicious and healthy, they are extremely low calorie. For one regular-sized muffin, there are 293 calories. For the mini muffins, there are only 76 calories.

These muffins are the perfect snack, especially for someone who is constantly on the go, but trying to eat a healthy Paleo diet. These muffins are also extremely beneficial for those who are starting out with the Paleo diet, or even

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those who are not living by it. Remember, when eating healthy or living on a very restrictive diet, your meals and snacks don't have to be boring.

Relevant links  Fitness Ireland

Quotes  *We're delighted to have partnered with Blás Bake who make our muffins to order. Our customers place an order and the muffins can be at their doorstep the very next day.*

— Graeme Conkie

Images



## About Fitness Ireland

Fitness Ireland ([www.fitnessireland.ie](http://www.fitnessireland.ie)) was formed in 2003 and is Ireland's largest online retailer of sports supplements and health products, targeted at health conscious customers.

Fitness Ireland stocks Ireland's most comprehensive range of high quality food and dietary supplements including brands such as Optimum Nutrition, BSN, Kinetica, and Maximuscle - the most popular and highly rated brands that are popular for the bodybuilding, sports nutrition, and weight loss markets. It is also home to Ireland's largest online database of reliable articles related to supplements, bodybuilding, training, and nutrition.