


# Sweet Carrot Bread or Muffins

 Cooking time: up to 45 minutes  
HACCP Process #2 Same Day Service



**1 Serving Provides:**  
CACFP: 1.25 ounce equivalents Grains  
NSLP: 1.25 ounce equivalents Grains  
SFSP: 1.25 ounce equivalents Grains

Ingredients	12 Servings		24 Servings	
	Weight	Measure	Weight	Measure
Sliced canned carrots	6 ounces	1 cup	12 ounces	2 cups
Brown sugar	5.5 ounces	$\frac{2}{3}$ cup	11 ounces	$1\frac{1}{3}$ cups
Egg, lightly beaten		1		2
Nonfat or 1% milk		1 cup		2 cups
Cinnamon		1 teaspoon		2 teaspoons
Whole grain rich baking mix	9.5 ounces	2 cups	1 pound 3 ounces	1 quart
Raisins or other dried fruit (optional)	3.8 ounces	$\frac{3}{4}$ cup	7.6 ounces	$1\frac{1}{2}$ cups



## Directions

- Preheat the oven to 350° F. Lightly spray baking pans with pan-release spray. If making a loaf, lightly spray a 9 x 5 inch bread pan. If making muffins, lightly spray muffin tins. Alternately, this bread may be baked in a 2-inch steamtable pan (half-size pan for 12 servings, full-size pan for 24 servings).
- Drain and rinse the canned carrots. Mash carrots well with a fork or potato masher, or use a blender or food processor to puree.
- In a large bowl mix carrots, brown sugar, eggs, and milk. Add the remaining ingredients and mix well.
- Pour batter into prepared pans. If making muffins, portion a heaping  $\frac{1}{4}$  cup of batter (using a #16 scoop, about  $\frac{1}{4}$  cup + 2 teaspoons) into each muffin cup.
- Bake in the preheated 350° F oven for about 18–20 minutes for muffins, or about 45 minutes for bread, or until a knife inserted in the center comes out clean.  
CCP: Heat to 165°F or higher for at least 15 seconds.
- Let cool slightly then remove muffins or bread loaves from pans. If using a steamtable pan, let the bread cool in the pans. Cut each bread loaf into 12 equal slices. Cut each full-size steamtable pan 4 x 6 into 24 squares. Bread may be wrapped in plastic or foil and stored for several days, or freeze for up to a month.

Serving	Yield	Volume	Nutrients Per Serving					
1 muffin, slice or square ( $\frac{1}{12}$ of loaf pan, $\frac{1}{24}$ of full-size pan)	12 servings, about 2 pounds + 3 ounces batter	12 servings, about $3\frac{1}{2}$ cups batter	Calories	170	Sodium	332 mg	Vitamin A	1600 IU
	24 servings, about 4 pounds + 6 ounces batter	24 servings, about 1 quart + 3 cups batter	Total Fat	1 g	Carbohydrate	38 g	Vitamin C	0 mg
			Saturated Fat	0.3 g	Dietary Fiber	2.5 g	Iron	0 mg
			Cholesterol	16 mg	Protein	4 g	Calcium	50 mg

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer. ©2016 Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender identity or expression, genetic information, marital status, national origin, race, religion, sex, sexual orientation, or veteran's status. Oregon State University Extension Service is an Equal Opportunity Employer.