


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 | 48 Servings | | 96 Servings | |
|---|-------------------|------------------------------------|---------------------|------------------------------------|
| | Weight | Measure | Weight | Measure |
| Sliced canned carrots | 1 pound 8 ounces | 1 quart | 3 pounds | 2 quarts |
| Brown sugar | 1 pound 6 ounces | 2 ² / ₃ cups | 2 pounds 12 ounces | 5 ¹ / ₃ cups |
| Egg, lightly beaten | | 4 | | 8 |
| Nonfat or 1% milk | | 1 quart | | 2 quarts |
| Cinnamon | | 1 Tablespoon + 1 teaspoon | | 2 Tablespoons + 2 teaspoons |
| Whole grain rich baking mix | 2 pounds 6 ounces | 2 quarts | 4 pounds 12 ounces | 1 gallon |
| Raisins or other dried fruit (optional) | 15.2 ounces | 3 cups | 1 pound 14.4 ounces | 1 quart + 2 cups |



Directions

1. Preheat the oven to 350° F. Lightly spray baking pans with pan-release spray. If making loaves, lightly spray 9 x 5 inch bread pans (4 pans for 48 servings, 8 pans for 96 servings). If making muffins, lightly spray muffin tins. Alternately, this bread may be baked in a 2-inch steamtable pan (2 full-size pans for 48 servings, 4 full-size pans for 96 servings).
2. Drain and rinse the canned carrots. Mash carrots well with a fork or potato masher, or use a blender or food processor to puree.
3. In a large bowl mix carrots, brown sugar, eggs, and milk. Add the remaining ingredients and mix well.
4. Divide the batter evenly between prepared pans. If making muffins, portion a heaping ¹/₄ cup of batter (using a #16 scoop, about ¹/₄ cup + 2 teaspoons) into each muffin cup.
5. 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.
6. 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 |
|--|--|---|
| 1 muffin, slice or square (¹ / ₁₂ of loaf pan, ¹ / ₂₄ of full-size pan) | 48 servings, about 8 pounds 12 ounces batter 96 servings, about 17 pounds 8 ounces batter | 48 servings, about 3 quarts + 2 cups batter 96 servings, about 7 quarts batter |

| Nutrients Per Serving | | | |
|-----------------------|-------|---------------|---------|
| Calories | 170 | Sodium | 332 mg |
| Total Fat | 1 g | Carbohydrate | 38 g |
| Saturated Fat | 0.3 g | Dietary Fiber | 2.5 g |
| Cholesterol | 16 mg | Protein | 4 g |
| | | Vitamin A | 1600 IU |
| | | Vitamin C | 0 mg |
| | | Iron | 0 mg |
| | | Calcium | 50 mg |

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