

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 $\frac{2}{3}$ cups	2 pounds 12 ounces	5 $\frac{1}{3}$ 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 $\frac{1}{4}$ cup of batter (using a #16 scoop, about $\frac{1}{4}$ 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 ($\frac{1}{12}$ of loaf pan, $\frac{1}{24}$ of full-size pan)	48 servings, about 8 pounds 12 ounces batter	48 servings, about 3 quarts + 2 cups batter
	96 servings, about 17 pounds 8 ounces 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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