

Carrot Spice Muffin Tops

🕒 Cooking time: 20 minutes

HACCP Process #2 Same Day Service



1 Serving Provides:

CACFP: Grain Based Dessert

NSLP: 0.5 ounce equivalents Grains

SFSP: 0.5 ounce equivalents Grains

| Ingredients | 20 Servings | | 40 Servings | |
|--------------------------------|-------------|--------------------------------|-------------|---------------------------------|
| | Weight | Measure | Weight | Measure |
| Brown sugar, packed | 1.8 ounces | ¼ cup | 3.6 ounces | ½ cup |
| Granulated sugar | 1.8 ounces | ¼ cup | 3.6 ounces | ½ cup |
| Oil | | ¼ cup | | ½ cup |
| Applesauce | | ¼ cup | | ½ cup |
| Eggs | | 1 | | 2 |
| Vanilla | | ½ teaspoon | | 1 teaspoon |
| Old-fashioned rolled oats, dry | 3.25 ounces | 1 cup | 6.5 ounces | 2 cups |
| Whole wheat flour | 2.3 ounces | ½ cup | 4.6 ounces | 1 cup |
| Enriched all-purpose flour | 2.3 ounces | ½ cup | 4.6 ounces | 1 cup |
| Baking soda | | ½ teaspoon | | 1 teaspoon |
| Baking powder | | ½ teaspoon | | 1 teaspoon |
| Salt | | ⅛ teaspoon | | ¼ teaspoon |
| Ground cinnamon | | ½ teaspoon | | 1 teaspoon |
| Ground nutmeg | | ¼ teaspoon | | ½ teaspoon |
| Ground ginger | | ¼ teaspoon | | ½ teaspoon |
| Carrots, finely grated | 3 ounces | ¾ cup (about 1½ large carrots) | 6 ounces | 1½ cups (about 3 large carrots) |
| Raisins or golden raisins | 3 ounces | ½ cup | 6 ounces | 1 cup |



continues

Carrot Spice Muffin Tops, continued

Directions

1. Preheat the oven to 350° F.

2. Line sheet pans with parchment paper. For 20 servings use a half-size sheet pan, for 40 servings use a full-size sheet pan.

3. In a large mixing bowl whisk together the brown sugar, granulated sugar, oil, applesauce, eggs and vanilla.

4. In a separate bowl stir together the rolled oats, whole wheat flour, all-purpose flour, baking soda, baking powder, salt, cinnamon, nutmeg and ginger.

5. Add the dry ingredients to the wet ingredients and stir.

6. Add the grated carrots and raisins. Stir until the dough is thoroughly combined.

7. Use a #30 scoop to measure 2-Tablespoon mounds of dough onto the parchment-lined sheet pans. Leave 2 inches of space between each mound.

8. Bake in the preheated oven for about 12–15 minutes, or until golden brown.

CCP: Heat to 165°F or higher for at least 15 seconds.

9. Let cookies cool on sheet pans. Hold at room temperature until ready for service.

| Serving | Yield | Volume | Nutrients Per Serving | | | | | |
|-------------------------------------|---|---|-----------------------|-------|---------------|--------|-----------|---------|
| 1 muffin top (2 ounces dough) | 20 servings, about 1 pound 4 ounces dough | 20 servings, about 2½ cups dough 40 servings, about 5 cups dough | Calories | 154 | Sodium | 293 mg | Vitamin A | 2575 IU |
| | 40 servings, about 2 pounds 8 ounces dough | | Total Fat | 1.8 g | Carbohydrate | 28 g | Vitamin C | 9 mg |
| | | | Saturated Fat | 0.2 g | Dietary Fiber | 9 g | Iron | 2 mg |
| | | | Cholesterol | 0 mg | Protein | 7 g | Calcium | 57 mg |