Morning Muffins

Cooking time: 20 minutes HACCP Process #2 Same Day Service



1 Serving Provides:

CACFP: 1 ounce equivalents Grains NSLP: 1 ounce equivalents Grains SFSP: 1 ounce equivalents Grains



	12 Servings		24 Servings			
Ingredients	Weight	Measure	Weight	Measure		
Eggs		1		2		
Nonfat or 1% milk		1 cup		2 cups		
Sugar		⅓ cup		²∕₃ cup		
Vegetable oil		2 Tablespoons		1⁄4 cup		
Carrots, grated	1.7 ounces	½ cup	3.4 ounces	1 cup		
Raisins	2.8 ounces	½ cup	5.6 ounces	1 cup		
Vanilla		1 teaspoon		2 teaspoons		
Whole wheat flour	3.8 ounces	³¼ cup	7.6 ounces	1½ cups		
Enriched all purpose flour	3.6 ounces	³¼ cup	7.2 ounces	1½ cups		
Old-fashioned rolled oats		½ cup		1 cup		
Cinnamon		1½ teaspoons		1 Tablespoon		
Baking powder		1 teaspoon		2 teaspoons		
Baking soda		½ teaspoon		1 teaspoon		
Salt		½ teaspoon		1 teaspoon		

Directions

- 1. Preheat the oven to 400° F. Lightly spray muffin tins with pan-release spray.
- 2. In a large bowl mix eggs, milk, sugar, oil, carrots, raisins, and vanilla.
- 3. In a separate bowl mix flours, rolled oats, cinnamon, baking powder, baking soda, and salt.

Morning Muffins, continued

Directions

- 4. Add wet ingredients to dry ingredients and stir gently until flour is just moistened. Gently fill muffin cups with 1/4 cup batter using a #16 scoop.
- 5. Bake in the preheated 400° F oven for about 15 minutes, or until the edges start to brown and the center is set.

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

6. Remove from the oven and let cool. Serve at room temperature.

Morning muffins freeze well and thaw quickly.

Serving	Yield	Volume	Nutrients Per Serving					
1 muffin (¼ cup, or #16 scoop, batter)	12 servings, about 1 pound 11 ounces batter 24 servings, about 3 pounds 6 ounces batter	12 servings, about 3 cups batter 24 servings, about 1 quart + 2 cups batter	Calories Total Fat Saturated Fat Cholesterol	155 3.5 g 0.7 g 16 mg	Sodium Carbohydrate Dietary Fiber Protein	212 mg 28 g 2 g 4 g	Vitamin A Vitamin C Iron Calcium	740 IU 0 mg 1 mg 65 mg

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