

# 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

Ingredients	48 Servings		96 Servings	
	Weight	Measure	Weight	Measure
Eggs		4		8
Nonfat or 1% milk		1 quart		2 quarts
Sugar		1½ cups		2¾ cups
Vegetable oil		½ cup		1 cup
Carrots, grated	6.8 ounces	2 cups	13.6 ounces	1 quart
Raisins	11.2 ounces	2 cups	1 pound 6.4 ounces	1 quart
Vanilla		1 Tablespoon + 1 teaspoon		2 Tablespoons + 2 teaspoons
Whole wheat flour	15.2 ounces	3 cups	1 pound 14.4 ounces	1 quart + 2 cups
Enriched all purpose flour	14.4 ounces	3 cups	1 pound 12.8 ounces	1 quart + 2 cups
Old-fashioned rolled oats		2 cups		1 quart
Cinnamon		2 Tablespoons		¼ cup
Baking powder		1 Tablespoon + 1 teaspoon		2 Tablespoons + 2 teaspoons
Baking soda		2 teaspoons		1 Tablespoon + 1 teaspoon
Salt		2 teaspoons		1 Tablespoon + 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.

*continues*

# Morning Muffins, continued

## Directions

4. Add wet ingredients to dry ingredients and stir gently until flour is just moistened. Gently fill muffin cups with  $\frac{1}{4}$  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 ( $\frac{1}{4}$ cup, or #16 scoop, batter)	48 servings, about 6 pounds 12 ounces batter	8 servings, about 3 quarts batter	Calories	155	Sodium	212 mg	Vitamin A	740 IU
	96 servings, about 13 pounds 8 ounces batter	96 servings, about 1 gallon + 2 quarts batter	Total Fat	3.5 g	Carbohydrate	28 g	Vitamin C	0 mg
			Saturated Fat	0.7 g	Dietary Fiber	2 g	Iron	1 mg
			Cholesterol	16 mg	Protein	4 g	Calcium	65 mg