

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

*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)	12 servings, about 1 pound 11 ounces batter	12 servings, about 3 cups batter	Calories	155	Sodium	212 mg	Vitamin A	740 IU
	24 servings, about 3 pounds 6 ounces batter	24 servings, about 1 quart + 2 cups 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