


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	12 Servings		24 Servings	
	Weight	Measure	Weight	Measure
Sliced canned carrots	6 ounces	1 cup	12 ounces	2 cups
Brown sugar	5.5 ounces	$\frac{2}{3}$ cup	11 ounces	$1\frac{1}{3}$ cups
Egg, lightly beaten		1		2
Nonfat or 1% milk		1 cup		2 cups
Cinnamon		1 teaspoon		2 teaspoons
Whole grain rich baking mix	9.5 ounces	2 cups	1 pound 3 ounces	1 quart
Raisins or other dried fruit (optional)	3.8 ounces	$\frac{3}{4}$ cup	7.6 ounces	$1\frac{1}{2}$ cups



Directions

- Preheat the oven to 350° F. Lightly spray baking pans with pan-release spray. If making a loaf, lightly spray a 9 x 5 inch bread pan. If making muffins, lightly spray muffin tins. Alternately, this bread may be baked in a 2-inch steamtable pan (half-size pan for 12 servings, full-size pan for 24 servings).
- Drain and rinse the canned carrots. Mash carrots well with a fork or potato masher, or use a blender or food processor to puree.
- In a large bowl mix carrots, brown sugar, eggs, and milk. Add the remaining ingredients and mix well.
- Pour batter into 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.
- 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.
- 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	Nutrients Per Serving					
1 muffin, slice or square ($\frac{1}{12}$ of loaf pan, $\frac{1}{24}$ of full-size pan)	12 servings, about 2 pounds + 3 ounces batter	12 servings, about $3\frac{1}{2}$ cups batter	Calories	170	Sodium	332 mg	Vitamin A	1600 IU
	24 servings, about 4 pounds + 6 ounces batter	24 servings, about 1 quart + 3 cups batter	Total Fat	1 g	Carbohydrate	38 g	Vitamin C	0 mg
			Saturated Fat	0.3 g	Dietary Fiber	2.5 g	Iron	0 mg
			Cholesterol	16 mg	Protein	4 g	Calcium	50 mg

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