

WGR Peach Muffins Squares

Component: Grain

Recipe Category:

Recipe # KSU Developed

Ingredients	50 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Oats, rolled		1 ½ cups			<p>1. Place oats in a bowl, and pour hot water over oats. Let stand 20 minutes. Set aside for step 4.</p> <p>2. Preheat oven to: 375° F for muffins conventional oven 350° F for squares conventional oven 350° F for muffins convection oven 325° F for squares convection oven</p> <p>3. Stir together whole-wheat flour, all-purpose flour, baking powder, cinnamon, and salt in a large bowl. Mix well.</p> <p>4. Whisk eggs in another large bowl. Add oil, and sugar. Whisk until smooth. Add milk, pureed peaches, and oatmeal mixture and stir just to combine.</p> <p>4. Fold the dry ingredients into the wet ingredients and stir to just combine (be careful not to overmix the batter.)</p> <p>5. Portion batter into prepared muffin trays or pour batter into pan(s) lightly coated with release spray. For 25 servings, use 1 (9" x 13"co x 2"). For 50 servings, use 2 pans (9" x 13" x 2").</p> <p>6. Sprinkle 1 tsp of coconut on each muffin. Stir lightly to mix.</p> <p>7. Bake until a knife comes out clean when inserted in the center. About 22 to 25 minutes for the muffins About 40-45 minutes for pans in conventional oven</p>
Water, hot		1 ½ cups			
Whole-wheat flour		2 1/2 cups			
Enriched all-purpose flour		3 cups			
Baking powder		4 Tbsp			
Ground cinnamon		4 tsp			
Vanilla		4 tsp			
Salt		2 tsp			
Eggs		8 large			
Vegetable or canola oil		1 1/2 cups			
Brown sugar		2 cups (packed)			
Low-fat milk		1 ½ cups			
Pureed peaches		1 1/3 cups			
Shredded coconut (optional)		1 cup			

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					About 35 minutes for pans in convection oven
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Notes:

Nutrient information calculated using Food Processor and includes coconut.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings

Serving: 1 muffin provides 1 oz equiv WGR grain and

1-2 years: 1/2 piece or 1/2 muffin
 3-5 years: 1/2 piece or 1/2 muffin
 6-18 years: 1 muffin

Yield:

50 Servings:

100 Servings:

Volume:

50 Servings:

100 Servings:

Nutrients Per Serving

Calories	179	Saturated Fat	1.46 g	Iron	1.00 mg
Protein	3.23 g	Cholesterol	30.21 g	Calcium	170.46 mg
Carbohydrate	22.56 g	Vitamin A	18.18 RAE	Sodium	114.33 mg
Total Fat	8.71 g	Vitamin C	0.23 mg	Dietary Fiber	1.36 g (2016 = 1.17 g)