

# WGR Pumpkin Muffin Squares

Grain

Breakfast/Snack Recipe New School Cuisine p 120, modified

Ingredients	60 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Whole-wheat flour	1 lb 6 oz	1 qt 1 ½ cup			<p>1. Preheat convection oven to 350°F or conventional oven to 375°F. For 60 servings, coat a full sheet pan with cooking spray.</p> <p>2. Whisk together whole-wheat flour, all-purpose flour, baking powder, cinnamon, baking soda, and salt in a large bowl.</p> <p>3. Whisk together eggs, pumpkin puree, sugar, and oil in another large bowl. Add the dry ingredients to the wet ingredients and mix well. (Do not overmix.)</p> <p>4. Scrape mixture onto the prepared sheet pan and spread evenly.</p> <p>5. Bake until a knife inserted in the center comes out clean, about 20 to 25 minutes.</p> <p>6. Cut each sheet pan into 60 pieces.</p>
Enriched all-purpose flour	13 oz	3 cups			
Baking powder		2 Tbsp			
Ground cinnamon		2 Tbsp			
Baking soda		1 Tbsp			
Salt		1 ½ tsp			
Fresh pasteurized eggs, large OR Whole pasteurized eggs, liquid		14 each OR 3 cups			
Pumpkin purée		½ #10 can (1 qt + 1 cup)			
Granulated sugar		1 qt 1 cup			
Vegetable oil		3 ½ cups			

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**Notes:**  
Nutrient information from Food Processor.

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servings

<b>Serving: 1 piece provides 1 WGR grain.</b>	<b>Yield:</b>	<b>Volume:</b>
1-2 years: 1/2 piece	<b>50 Servings:</b>	<b>50 Servings:</b>
3-5 years: 1/2 piece		
6-18 years: 1 piece	<b>100 Servings:</b>	<b>100 Servings:</b>

Nutrients Per Serving			
<b>Calories</b>	260	<b>Saturated Fat</b>	1.39 g
<b>Protein</b>	3.71 g	<b>Cholesterol</b>	43.40 mg
<b>Carbohydrate</b>	31.01 g	<b>Vitamin A</b>	177.67 RAE mcg
<b>Total Fat</b>	14.18 g	<b>Vitamin C</b>	0.87 mg
		<b>Iron</b>	1.22 mg
		<b>Calcium</b>	79.11 mg
		<b>Sodium</b>	139.18 mg
		<b>Dietary Fiber</b>	2.01 g (2016 = 1.84 g)