

Fruit & Bran Muffins

Component: Grain

Recipe Category

Recipe #

Ingredients	50 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Bran cereal		1½ qt			<p>1. Combine cereal and milk in a large bowl; let stand for 15 minutes.</p> <p>2. Add flour, sugar, applesauce, eggs, baking soda, baking powder, vanilla and salt. Mix until just combined.</p> <p>3. Fold in blueberries, cover and refrigerate at least 1 hour or overnight.</p> <p>4. Preheat convection oven to 375°F or conventional oven to 400°F.</p> <p>5. Coat muffin tin cups or large sheet(s) pan with cooking spray or use muffin tin liners.</p> <p>6. If using muffin tins scoop about 2 Tbsp. batter into each prepared muffin tin. Bake until the muffin tops spring back lightly when tapped, 14 to 19 minutes.</p> <p>7. If using sheet pans, cook until knife inserted into center comes out clean. Cut into 50 squares.</p>
Low fat milk		1 qt			
Whole-wheat flour		1 qt			
Brown sugar		2 2/3 cups (packed)			
Applesauce (unsweetened)		2 cups			
Eggs		4 large			
Baking soda		1 Tbsp. + 1 tsp			
Baking powder		1 Tbsp. + 1 tsp			
Vanilla extract		2 tsp			
Salt		1 tsp			
Fresh blueberries		1 qt + 1/3 cup			

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Notes:
 You can use frozen blueberries in this recipe. Thaw and drain excess liquid and add to the batter just before you're ready to scoop and bake.
 Nutrient Information from Food Processor

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

Serving: 1 muffin provides 1 oz. equivalent WGR grain and 1/8 cup fruit. 1-2 years: 1/2 muffin square 3-5 years: 1/2 muffin square 6-18 years: 1 muffin square	Yield:	Volume:
	50 Servings: 50 muffins	50 Servings:
	100 Servings:	100 Servings:

Nutrients Per Serving			
Calories	121	Saturated Fat	0.32 g
Protein	3.09 g	Cholesterol	16.12 mg
Carbohydrate	26.57 g	Vitamin A	42.44 RAE
Total Fat	1.02 g	Vitamin C	1.44 mg
		Iron	1.88 mg
		Calcium	50.22 mg
		Sodium	236.29 mg
		Dietary Fiber	2.32 g