

WGR 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, brown 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 pans 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><i>To check for doneness, a knife inserted into the center of the thickest part of the food must come out clean.</i></p> <p>7. If using sheet pans, 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			
Fresh eggs, pasteurized, large		4 large			
Baking soda		1 Tbsp. + 1 tsp			
Baking powder		1 Tbsp. + 1 tsp			
Vanilla extract		2 tsp			
Salt		1 tsp			
*Blueberries, fresh or frozen		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
Blueberry, frozen	1 lb 8 oz	3 lb

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

Nutrients Per Serving

Calories	121	Saturated Fat	0.32 g	Iron	1.88 mg
Protein	3.09 g	Cholesterol	16.12 mg	Calcium	50.22 mg
Carbohydrate	26.57 g	Vitamin A	42.44 RAE	Sodium	236.29 mg
Total Fat	1.02 g	Vitamin C	1.44 mg	Dietary Fiber	2.32 g (2016 = 1.44 g)