

WGR Apple Muffins Squares

Component: Grain

Recipe Category: Grain

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, applesauce, and oatmeal mixture and stir just to combine.</p> <p>5. Fold the dry ingredients into the wet ingredients and stir to just combine (be careful not to overmix the batter.)</p> <p>6. 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" x 2"). For 50 servings, use 2 pans (9" x 13" x 2").</p> <p>7. Bake until a knife comes out clean when inserted in the center. About 22 to 27 minutes for the muffins About 40-45 minutes for pans in conventional oven About 35 minutes for pans in convection oven</p> |
| Water, hot | | 1 ½ cups | | | |
| Whole-wheat flour | | 3 cups | | | |
| Enriched all-purpose flour | | 3 ½ cups | | | |
| Baking powder | | 4 Tbsp | | | |
| Ground cinnamon | | 2 Tbsp | | | |
| Salt | | 1 tsp | | | |
| Eggs | | 8 large | | | |
| Vegetable or canola oil | | 1 1/2 cups | | | |
| Brown sugar | | 2 cups (packed) | | | |
| Low-fat milk | | 1 ½ cups | | | |
| Applesauce, unsweetened | | 1 1/3 cups | | | |

WGR Apple Muffins Squares

Component: Grain

Recipe Category: Grain

Recipe # KSU Developed

| |
|--|
| Notes: |
| Nutrient information calculated using Food Processor |

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

| | | |
|--|----------------------|----------------------|
| Serving: 1 muffin provides 1 oz equiv WGR grain and | Yield: | Volume: |
| 1-2 years: 1/2 piece or 1/2 muffin | 50 Servings: | 50 Servings: |
| 3-5 years: 1/2 piece or 1/2 muffin | | |
| 6-18 years: 1 piece or 1 muffin | 100 Servings: | 100 Servings: |

| Nutrients Per Serving | | | |
|-----------------------|---------|----------------------|-----------------------|
| Calories | 179 | Saturated Fat | 0.87 g |
| Protein | 3.44 g | Cholesterol | 30.13 g |
| Carbohydrate | 24.19 g | Vitamin A | 15.10 RAE |
| Total Fat | 8.01 g | Vitamin C | 0.08 mg |
| | | Iron | 1.02 mg |
| | | Calcium | 52.03 |
| | | Sodium | 196.33 mg |
| | | Dietary Fiber | 1.48 g (2016 = 1.25g) |