

WGR Carrot Muffins (With Oats)

Recipe Component

Recipe Category

Recipe #KSU Developed

	48 Servings		_____ Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
Rolled oats		1 ⅓ cup			<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 convection oven to 375°F or conventional oven to 400°F. Line muffin tins with muffin tin liners or coat muffin tins with cooking spray.</p> <p>3. Sift whole wheat flour, all-purpose flour, baking powder, cinnamon and salt in a large bowl.</p> <p>4. Whisk eggs in another large bowl. Add oil, sugar, yogurt and orange zest; whisk until smooth. Fold the dry ingredients into the wet ingredients and stir until just combined. Do not to overmix the batter.</p> <p>5. Stir carrots and the cooked oats into the batter until they are just incorporated.</p> <p>6. Fill the prepared muffin tins with the batter. Bake about 21 to 25 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>
Hot water		1 ⅓ cup			
Whole wheat flour	1 lb	3 cups			
Enriched all-purpose flour	1 lb	3 cups			
Baking powder		4 Tbsp			
Ground cinnamon		3 Tbsp			
Salt		2 tsp			
Pasteurized fresh eggs, large		8 large			
Vegetable oil		2 cups			
Brown sugar		2 cups (packed)			
Low-fat milk		1 ⅓ cups			
Zest of orange		From 2 oranges			
*Carrots, raw, grated		1 qt + 1 ½ cups			

WGR Carrot Muffins (With Oats)

Recipe Component

Recipe Category

Recipe #KSU Developed

Notes:
Nutrient information from Food Processor.

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servings
Carrot, fresh, without tops	1 lb 8 oz	3 lb

Serving: 1 muffin provides 1 oz equiv WGR grain.	Yield:	Volume:
1-2 years: ½ serving	50 Servings:	50 Servings:
3-5 years: ½ serving		
6-18 years: 1 serving	100 Servings:	100 Servings:

Nutrients Per Serving					
Calories	208.99	Saturated Fat	1.07 g	Iron	1.12 mg
Protein	3.83 g	Cholesterol	31.59 mg	Calcium	219.04 mg
Carbohydrate	26.00 g	Vitamin A	119.27 RAE mcg	Sodium	242.05 mg
Total Fat	10.50 g	Vitamin C	0.99 mg	Dietary Fiber (2016)	1.90 g