

Blueberry Muffins

Meal Components: Grains

Breads, A-03

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Whole wheat/enriched blend flour	10 oz	2 1/4 cups 1 Tbsp	1 lb 4 oz	1 qt 5/8 cup	<ol style="list-style-type: none"> 1. Combine flours, sugar, baking powder, and salt in a mixing bowl. Mix with paddle attachment for 1 minute on low speed until blended.
Whole wheat flour	7 oz	1 1/3 cups	14 oz	2 2/3 cups	
Sugar	8 oz	1 cup	1 lb	2 cups	<ol style="list-style-type: none"> 2. Slowly add milk, eggs, and oil. Mix for 30 seconds on medium speed until smooth.
baking powder		1 Tbsp 2 tsp		3 Tbsp 1 tsp	
Salt		1 tsp		2 tsp	
Low-fat 1% milk		1 1/2 cups		3 cups	
Frozen whole eggs, thawed	4 oz	1/2 cup	8 oz	1 cup	
OR		OR		OR	
Fresh large eggs		3 each		5 each	

Frozen blueberries	6 oz	1 1/2 cups	12 oz	3 cups
OR	OR	OR	OR	OR
*Fresh blueberries	8 oz	1 1/2 cups	1 lb	3 cups

3. Remove bowl from mixer. Using a rubber spatula, gently fold blueberries into batter.

4. Using a No. 24 scoop (2 ? Tbsp), portion batter into muffin pans which have been lightly coated with pan release spray or paper lined.

5. Bake until golden brown: Conventional oven: 425° F for 12 minutes Convection oven: 375° F for 13 minutes

6. Portion is 1 muffin.

7. No CCP necessary.

Notes

* See Marketing Guide

A new nutrient analysis will be coming. Edited July 2014. Restandardization in progress.

The grain ingredient used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide		
Food as Purchased for	25 Servings	25 Servings
Blueberries	9 oz	1 lb 2 oz

Serving	Yield	Volume
1 muffin provides the equivalent of 1 ¼ slices bread.	25 Servings: 2 lb 5 oz	25 Servings: 25 muffins 1 quart ¼ cup (batter)
	50 Servings: 4 lb 10 oz	50 Servings: 50 muffins 2 quarts ½ cup (batter)

Nutrients Per Serving					
Calories	172	Saturated Fat	1 g	Iron	1 mg
Protein	3 g	Cholesterol	20 mg	Calcium	93 mg
Carbohydrate	25 g	Vitamin A	64 mg	Sodium	180 mg
Total Fat	7 g	Vitamin C		Dietary Fiber	2 g