

Oatmeal Muffin Squares

Meal Components: Grains

Breads, A-16

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Rolled oats	4 oz	1 1/2 cups	8 oz	3 cups	<ol style="list-style-type: none"> Place oats in a bowl and pour hot water over oats. Let stand 20 minutes. Do not drain. Reserve for step 5.
Water, hot		1 3/4 cups		3 1/2 cups	
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"> In a separate bowl, combine flour, baking soda, cinnamon, nutmeg, and salt. Reserve for step 5.
Baking soda		5/8 tsp		1 1/4 tsp	
Ground cinnamon		5/8 tsp		1 1/4 tsp	
Ground cinnamon		5/8 tsp		1 1/4 tsp	
Ground nutmeg		5/8 tsp		1 1/4 tsp	

Trans fat-free margarine	3 oz	1/4 cup 2 Tbsp	6 oz	3/4 cup	3. In a separate mixing bowl, cream margarine, and sugars using paddle attachment for 10 minutes on medium speed. Scrape down sides of bowl.
Brown sugar, packed	9 oz	1 cup 2 Tbsp	1 lb 2 oz	2 1/4 cups	
Sugar	9 oz	1 cup 2 Tbsp	1 lb 2 oz	2 1/4 cups	
Vanilla		1 1/4 tsp		2 1/2 tsp	4. Add the vanilla, egg whites, yogurt, and applesauce. Beat for 3 minutes on medium speed.
Frozen egg whites, thawed	5 oz	1/2 cup 1 Tbsp	10 oz	1 cup 2 Tbsp	
OR		OR		OR	
Fresh large egg whites		4 each		7 each	
Low-fat plain yogurt		2 Tbsp		1/4 cup	
Canned applesauce		2 Tbsp		1/4 cup	5. Add the oat mixture from step 1 and blend for 1 minute on low speed. Add the flour mixture from step 2 and blend for 1 minute on low speed. Scrape down sides of bowl.

Rolled oats	1/2 cup 1 1/4 tsp	3 oz	1 cup 2 1/2 tsp	<p>7. Topping: In a separate bowl, combine oats, flour, brown sugar, and margarine. Mix until crumbs are pea-sized.</p>
Whole wheat/enriched blend flour	2 Tbsp		1/4 cup	
Brown sugar, packed	2 Tbsp 1/4 tsp	2 oz	1/4 cup 1/2 tsp	
Trans fat-free margarine	2 Tbsp	2 oz	1/4 cup	

8. Into each pan (9" x 13" x 2") which has been lightly coated with pan release spray, pour and spread evenly 3 lb 8 ½ oz (1 qt 2 ¼ cups) of batter. For 25 servings, use 1 pan.

9. Bake until golden brown and muffin pulls away from sides of pan: Conventional oven: 325° F for 45 minutes Convection oven: 325° F for 35 minutes

10. Cut each pan 5 x 5 (25 pieces). Portion is 1 piece.

11. No CCP necessary.

Notes

For muffin pans:

1 qt 2 ¼ cups of batter will make 25 muffins. Portion batter with No. 16 scoop (¼ cup) into muffin pans which have been lightly coated with pan release spray or paper lined. Fill no more than two-thirds full. Sprinkle ½ Tbsp topping over each muffin.

Bake until golden brown:

Conventional oven: 400° F for 18-20 minutes

Convection oven: 350° F for 12-15 minutes

To cool, immediately remove muffins from pans and place on cooling racks.

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

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

Serving	Yield	Volume
1 piece provides the equivalent of 1 slice of bread.	25 Servings: 3 lb 14 ½ oz (uncooked)	25 Servings: 1 quart 2 ¼ cups (batter) 1 pan
	50 Servings: 7 lb 13 oz (uncooked)	50 Servings: 3 quarts ½ cup (batter) 2 pans

Nutrients Per Serving

Calories	188	Saturated Fat	1 g	Iron	1 mg
Protein	3 g	Cholesterol		Calcium	20 mg
Carbohydrate	35 g	Vitamin A	163 IU	Sodium	148 mg
Total Fat	4 g	Vitamin C		Dietary Fiber	1 g