

# Whole Wheat Muffin Squares

Meal Components: Grains

Breads, A-11A

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Whole wheat/enriched blend flour	10 1/2 oz	2 1/2 cups	1 lb 5 oz	1 qt 1 cup	<ol style="list-style-type: none"> <li>Combine flours, dry milk, baking powder, sugar, and salt in a mixing bowl. Mix for 5 minutes on low speed. Add raisins (optional).</li> </ol>
Whole wheat flour	3 1/2 oz	3/4 cup 1 Tbsp	7 oz	1 1/2 cups 2 Tbsp	
Instant non-fat dry milk		1/4 cup 2 Tbsp		3/4 cup	
baking powder		2 Tbsp		1/4 cup	
Sugar	3 1/2 oz	1/2 cup	7 oz	1 cup	
Salt		1 tsp		2 tsp	
† Raisins, plumped (optional)	4 oz	1/2 cup 2 Tbsp	8 oz	1 1/4 cups	
Frozen whole eggs, thawed	2 oz	1/4 cup	4 oz	1/2 cup	<ol style="list-style-type: none"> <li>In a separate bowl, combine eggs and water. Slowly add to dry ingredients while mixing on low speed. Mix only until dry ingredients are moistened, 15-20 seconds.</li> </ol>
OR		OR		OR	
Fresh large eggs		2 each		3 each	

Vegetable oil

1/4 cup 2 Tbsp

3/4 cup

3. Scrape down sides of bowl. Slowly add oil while mixing for 40 seconds on low speed. DO NOT OVERMIX. Batter will be lumpy.
4. Into each pan (9" x 13" x 2") which has been lightly coated with pan release spray, pour 2 lb 3 ½ oz (1 qt 1 cup) batter. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
5. Bake until lightly browned: Conventional oven: 425° F for 25 minutes Convection oven: 350° F for 15 minutes
6. Cut each pan 5 x 5 (25 pieces). Portion is 1 piece.

## Notes

†To plump raisins, cover fruit with boiling water. Soak 2-5 minutes. DO NOT OVERSOAK. Drain well before using.

For muffin pans:

1 qt 1 cup batter will make 25 muffins. Portion batter with No. 20 scoop (3 ? Tbsp), into muffin pans which have been lightly coated with pan release spray or paper lined. Fill no more than two-thirds full.

Bake:

Conventional oven: 400° F for 18-20 minutes

Convection oven: 350° F for 12-15 minutes

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.	<b>25 Servings:</b> 2 lb 3 ½ oz (batter)	<b>25 Servings:</b> 1 quart 1 cup (batter) 1 pan
	<b>50 Servings:</b> 4 lb 7 oz (batter)	<b>50 Servings:</b> 2 quarts 2 cups (batter) 2 pans

Nutrients Per Serving					
Calories	109	Saturated Fat	1 g	Iron	1 mg
Protein	2 g	Cholesterol	10 mg	Calcium	98 mg
Carbohydrate	17 g	Vitamin A	39 IU	Sodium	96 mg
Total Fat	4 g	Vitamin C		Dietary Fiber	1 g