

# Blueberry Muffins

Grains/Breads

Grains/Breads

A-03

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched all-purpose flour	10 oz	2 ¼ cups 1 Tbsp	1 lb 4 oz	1 qt ¾ cup	<ol style="list-style-type: none"> <li>Combine flours, sugar, baking powder, and salt in a mixing bowl. Mix with paddle attachment for 1 minute on low speed until blended.</li> <li>Slowly add milk, eggs, and oil. Mix for 30 seconds on medium speed until smooth.</li> <li>Remove bowl from mixer. Using a rubber spatula, gently fold blueberries into batter.</li> <li>Using a No. 24 scoop (2 ⅔ Tbsp), portion batter into muffin pans which have been lightly coated with pan release spray or paper lined.</li> <li>Bake until golden brown: Conventional oven: 425° F for 12 minutes Convection oven: 375° F for 13 minutes</li> <li>Portion is 1 muffin.</li> <li>No CCP necessary.</li> </ol>
Whole wheat flour	7 oz	1 ⅓ cups	14 oz	2 ⅔ cups	
Sugar	8 oz	1 cup	1 lb	2 cups	
Baking powder		1 Tbsp 2 tsp		3 Tbsp 1 tsp	
Salt		1 tsp		2 tsp	
Lowfat 1% milk		1 ½ cups		3 cups	
Frozen whole eggs, thawed	4 oz	½ cup	8 oz	1 cup	
OR		OR		OR	
Fresh large eggs		3 each		5 each	
Vegetable oil		⅔ cup		1 ⅓ cups	
Frozen blueberries	6 oz	1 ½ cups	12 oz	3 cups	
OR		OR		OR	
*Fresh blueberries	OR 8 oz	OR 1 ½ cups	OR 1 lb	OR 3 cups	

\* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	25 Servings	50 Servings
Blueberries	9 oz	1 lb 2 oz

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SERVING:	YIELD:	VOLUME:
1 muffin provides the equivalent of 1 ¼ slices bread.	<b>25 Servings:</b> 2 lb 5 oz	<b>25 Servings:</b> 25 muffins 1 quart ¼ cup (batter)
	<b>50 Servings:</b> 4 lb 10 oz	<b>50 Servings:</b> 50 muffins 2 quarts ½ cup (batter)
Edited 2014		

Nutrients Per Serving					
<b>Calories</b>	172	<b>Saturated Fat</b>	1.09 g	<b>Iron</b>	1.03 mg
<b>Protein</b>	3.34 g	<b>Cholesterol</b>	20 mg	<b>Calcium</b>	93 mg
<b>Carbohydrate</b>	25.28 g	<b>Vitamin A</b>	64 IU	<b>Sodium</b>	180 mg
<b>Total Fat</b>	6.72 g	<b>Vitamin C</b>	0.3 mg	<b>Dietary Fiber</b>	1.5 g