



Good Morning Blueberry Muffins

Meal Components: Grains/Breads

Grains/Breads

Ingredients	50 Servings		100 Servings		Directions Process #2: Cook and Serve, Same Day Service
	Weight	Measure	Weight	Measure	
Flour, Whole Wheat White	1 lb 13 oz	7.25 cups (4 oz flour/cup)	3 lb 10 oz	14.50 cups (4 oz per/cup)	1. Combine flour, baking powder, cinnamon, salt and baking soda in a mixing bowl. Mix with paddle attachment for 1 minute on low speed until blended.
Baking Powder		1 Tbsp 2 tsp		3 Tbsp 1 tsp	
Cinnamon		1 Tbsp		2 Tbsp	
Salt		1 1/2 tsp		1 Tbsp	2. In another bowl, combine sweet potatoes, light brown sugar, eggs, orange juice and oil on low speed until smooth.
Baking Soda		1 tsp		2 tsp	
Sweet Potatoes, canned	1 lb	3 cups	2 lbs	6 cups	
Sugar, Brown, light packed		2 cups		4 cups	OR
Eggs, whole fresh		6 ea		1 dz	
Frozen Whole Eggs, thawed		1 1/3 cup		2 2/3 cup	mixing on medium speed. Mix only until moistened, 20-30 seconds.
Orange Juice, 100%		5 oz		1 cup 2 oz	
Vegetable Oil (canola)		5 oz		1 cup 2 oz	
Blueberries, IQF Frozen	1 lb 8 oz	6 cups	3 lbs	12 cups	4. Using a rubber spatula, gently fold blueberries to the batter until evenly distributed. Do not overmix.
OR					5. Portion batter with No. 16 scoop (1/4 cup) into muffin pans lightly coated with pan release spray or paper lined. Fill no more than 2/3 full.
Blueberries, Fresh	1 lb 14 oz	6 cups	3 lbs 12 oz	12 cups	6. Bake until lightly browned: Conventional oven: 425° F for 11 - 13 minutes Convection oven: 375° F for 13 - 15 minutes
					7. To cool, remove muffins from pans and place on cooling racks.
					8. No CCP necessary.

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

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Notes

Due to differences in appliances, heating times may vary and require adjustment.

Serving	Yield	
1 muffin (2.1 ounces) provides 1.0 oz equivalent serving grains/breads.	50 Servings:	50 muffins
	100 Servings:	100 muffins

Nutrients Per Serving

Calories	149	Saturated Fat	.47 g	Iron	1 mg
Protein	3.2 g	Cholesterol	23 mg	Calcium	68 mg
Carbohydrates	26.7 g	Vitamin A	1372 I U	Sodium	166 mg
Total Fat	4 g	Vitamin C	2.3 mg	Dietary Fiber	2.5 g