

Fruit & Bran Muffins

Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: 1 muffin

Amount per Serving	
Calories	164 kcal
Protein	3.61 g
Carbohydrate	36.29 g
Total Fat	1.24 g
Saturated Fat	0.42 g
Cholesterol	22.02 mg
Vitamin A	264.52 IU
Vitamin C	15.23 mg
Iron	4.80 mg
Calcium	59.97 mg
Sodium	381.97 mg
Dietary Fiber	3.34 g

EQUIVALENTS: 1 muffin provides
1.5 oz equiv WGR grain and 1/8 cup fruit.

Recipe HACCP Process: #2 Same Day Service



Fruit & Bran Muffins • 36 servings (1 muffin)

INGREDIENTS		WEIGHT	MEASURE	METHOD	NOTES
Bran cereal		1½ qt		❶ Combine cereal and milk in a large bowl; let stand for 15 minutes.	• To make Tropical Bran Muffins, substitute banana purée for the applesauce and small diced fresh banana for the blueberries. Mix in coconut flakes to taste if you'd like.
Lowfat milk or lowfat butter-milk		1 qt			
Whole-wheat flour		1 qt		❷ Add flour, sugar, applesauce, eggs, baking soda, baking powder, vanilla and salt. Mix until just combined.	• You can use frozen blueberries in this recipe. Thaw and drain excess liquid and add to the batter just before you're ready to scoop and bake.
Brown sugar		2⅔ cups (packed)			
Applesauce		2 cups			
Eggs		4 large			• You can make the batter up to 1 day in advance.
Baking soda		1 Tblsp + 1 tsp			• You can use reconstituted dry milk in place of low-fat milk.
Baking powder		1 Tblsp + 1 tsp			
Vanilla extract		2 tsp			
Kosher salt		2 tsp			
Fresh blueberries		1 qt + ⅓ cup		❸ Fold in blueberries, cover and refrigerate at least 1 hour or overnight.	
				❹ Preheat convection oven to 375°F or conventional oven to 400°F. Coat 36 muffin tin cups with cooking spray or use muffin tin liners.	
				❺ Scoop about 3 Tblsp batter into each prepared muffin tin. Bake until the muffin tops spring back lightly when tapped, 15 to 20 minutes.	