



Breakfast Muffins

USDA Recipe for CACFP

Ginger up your morning with muffins! These delicious Breakfast Muffins are a hearty mixture of 51% whole-wheat flour and 49% all-purpose flour paired with applesauce, carrots, ginger, and Greek yogurt.

CACFP CREDITING INFORMATION
1 muffin provides 1 oz equivalent grains.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Sugar	12 oz	1½ cups	1 lb 8 oz	3 cups	1 Pour sugar and oil into a commercial mixer (batch as needed). Using a paddle attachment, mix on medium speed until smooth. DO NOT OVERMIX. For 25 servings, mix for 2 minutes. For 50 servings, mix for 4 minutes.
Canola oil		¼ cup		½ cup	
Frozen eggs whole, thawed	10 oz	1⅛ cups	1 lb 4 oz	2¼ cups	2 Slowly add eggs and yogurt. Using a paddle attachment, mix on medium speed until smooth. DO NOT OVERMIX. For 25 servings, mix for 3 minutes. For 50 servings, mix for 6 minutes.
Non-fat Greek yogurt, plain	8 oz	1 cup	1 lb	2 cups	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Whole-wheat flour	8 oz	1¾ cups 1¾ tsp	1 lb	3½ cups 1 Tbsp ½ tsp	<p>3 Slowly add flour, baking soda, baking powder, salt, ginger, cloves, and orange juice. Alternate between pouring dry ingredients and juice into mixer.</p>
Enriched all-purpose flour	7 oz	1½ cups 1 Tbsp	14 oz	3 cups 2 Tbsp	
Baking soda		2 tsp		1 Tbsp 1 tsp	
Baking powder		1 tsp		2 tsp	
Salt		½ tsp		1 tsp	
Ground ginger		1 tsp		2 tsp	
Ground cloves		½ tsp		1 tsp	
Orange juice, chilled		¾ cup		1½ cups	
Lemon zest		2 Tbsp		¼ cup	
*Fresh carrots, shredded	7 oz	2 cups 2 Tbsp ⅓ tsp	14 oz	1 qt ¼ cup ⅔ tsp	
Canned applesauce, unsweetened	4½ oz	½ cup	9 oz	1 cup	
Vanilla extract		1 Tbsp		2 Tbsp	



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<p>5 Lightly coat a muffin pan (20½" x 14") with pan-release spray. Using a No. 16 scoop, portion ¼ cup (about 2½ oz) muffin mixture into each muffin cup.</p> <p>For 25 servings, use 2 muffin pans. For 50 servings, use 3 muffin pans.</p>
					<p>6 Bake: Conventional oven: 400 °F for 25–30 minutes. Convection oven: 375 °F for 20–25 minutes.</p>
					<p>7 Serve 1 muffin.</p>



NUTRITION INFORMATION

For 1 muffin.

NUTRIENTS	AMOUNT
Calories	166
Total Fat	4 g
Saturated Fat	1 g
Cholesterol	47 mg
Sodium	194 mg
Total Carbohydrate	29 g
Dietary Fiber	1 g
Total Sugars	15 g
Added Sugars included	N/A
Protein	5 g
Vitamin D	13 IU
Calcium	27 mg
Iron	1 mg
Potassium	91 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Carrots	9 oz	1 lb 12 oz

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service.

YIELD/VOLUME

25 Servings	50 Servings
About 2 lb 15 oz	About 5 lb 14 oz
About 1 qt 1 ⁷ / ₈ cups/25 muffins	About 2 qt 3 ³ / ₄ cups/50 muffins

