



# Oatmeal Muffin Squares

## USDA Recipe for CACFP

These Oatmeal Muffin Squares provide a delectable variety of flavors from blueberries, spices, bananas, and raisins.

### CACFP CREDITING INFORMATION

1 piece (about 2" x 2<sup>3</sup>/<sub>8</sub>") provides 1/8 cup fruit and 1.5 oz equivalent grains.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Whole-wheat flour	7 <sup>3</sup> / <sub>4</sub> oz	1 <sup>3</sup> / <sub>4</sub> cups	15 <sup>1</sup> / <sub>2</sub> oz	3 <sup>1</sup> / <sub>2</sub> cups	<b>1</b> Set aside 1 oz of flour for step 6. <b>2</b> Place flour, oats, baking powder, baking soda, cinnamon, nutmeg, and salt in a commercial mixer (batch as needed). Using a paddle attachment, mix on low speed for 1 minute. Leave dry ingredients in mixer. Set aside for step 5.
Enriched bread flour	7 <sup>1</sup> / <sub>2</sub> oz	1 <sup>2</sup> / <sub>3</sub> cups	15 oz	3 <sup>2</sup> / <sub>3</sub> cups	
Oats, rolled, dry	7 <sup>1</sup> / <sub>4</sub> oz	2 <sup>3</sup> / <sub>4</sub> cups	14 <sup>1</sup> / <sub>2</sub> oz	1 qt 1 <sup>1</sup> / <sub>2</sub> cups	
Baking powder		2 tsp		1 Tbsp 1 tsp	
Baking soda		1 <sup>1</sup> / <sub>2</sub> tsp		1 Tbsp	
Cinnamon, ground		2 tsp		1 Tbsp 1 tsp	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Nutmeg		½ tsp		1 tsp	
Salt		½ tsp		1 tsp	
Eggs, whole, frozen, thawed	5 oz	½ cup 2 Tbsp	10 oz	1¼ cups	<b>3</b> Combine egg and sugar in a large bowl. Stir well.
Sugar	4 oz	½ cup	8 oz	1 cup	
*Bananas, fresh, mashed	1 lb 5 oz	2⅓ cups	2 lb 10 oz	1 qt ⅔ cup	<b>4</b> Add mashed bananas, yogurt, and vanilla extract. Stir well.
Yogurt, low-fat	12 oz	1½ cups	1 lb 8 oz	3 cups	
Vanilla extract		1 Tbsp		2 Tbsp	
					<b>5</b> Combine egg mixture with dry ingredients. Mix for 30 seconds on low speed. Beat for 1 minute on medium speed. DO NOT OVERMIX.
Blueberries, frozen, drained	7 oz	1⅓ cups	14 oz	2⅔ cups	<b>6</b> Coat blueberries with remaining flour. Fold in blueberries and raisins. Stir well.
Golden raisins	5 oz	⅔ cup	10 oz	1⅓ cups	<b>7</b> Pour 2 qt (about 4 lb 5 oz) batter into a half steam table pan (12" x 10" x 2½") lightly coated with pan-release spray.  For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					<b>8</b> Bake until golden brown: Conventional oven: 375 °F 45 minutes. Convection oven: 300 °F for 40 minutes.
					<b>9</b> Portion: Cut each pan 5 x 5 (25 pieces per pan, each piece about 2"x 2⅜").



## NUTRITION INFORMATION

For 1 piece (about 2" x 2¾").

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>171</b>
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<b>Total Fat</b>	<b>2 g</b>
Saturated Fat	0 g
Cholesterol	22 mg
<b>Sodium</b>	<b>187 mg</b>
<b>Total Carbohydrate</b>	<b>34 g</b>
Dietary Fiber	3 g
Total Sugars	13 g
Added Sugars included	N/A
<b>Protein</b>	<b>5 g</b>
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Vitamin D	5 IU
Calcium	49 mg
Iron	1 mg
Potassium	172 mg

N/A=data not available.

## SOURCE

USDA Standardized Recipes Project.

## MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Bananas	2 lb 8 oz	5 lb

## 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 4 lb	About 8 lb
About 1 qt/1 steam table pans (12" x 10" x 2½")	About 1 gal/2 steam table pans (12" x 10" x 2½")