



Breakfast Muffins

Start your day with wholesome breakfast muffins made with whole-grain goodness, apple sauce, carrots, and sweet spices.

Preparation Time: 20 minutes

Cook Time: 25 minutes

CACFP Crediting Information:

1 muffin provides 1 oz eq grains.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Flour, whole-wheat	7 ½ oz	2 cup	15 oz	1 qt	1 Preheat oven: Conventional oven: 375 °F. Convection oven: 350 °F.
Flour, all purpose, enriched	7 ½ oz	2 cup	15 oz	1 qt	
Sugar, granulated	7 oz	¾ cup	14 oz	1 ½ cups	2 Combine flours, sugar, baking soda, baking powder, ginger, cloves, 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 4.
Baking soda		2 tsp		1 Tbsp 1 tsp	
Baking powder		1 tsp		2 tsp	
Ginger, ground		1 tsp		2 tsp	
Cloves, ground		½ tsp		1 tsp	



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Salt		½ tsp		1 tsp	
Eggs, frozen, whole, thawed	10 oz	1 ¼ cups	1 lb 4 oz	2 ½ cups	3 Combine eggs, yogurt, carrots, orange juice, applesauce, oil, lemon zest, and vanilla extract in a mixing bowl. Whisk until well combined.
Yogurt, Greek-style, non-fat, plain	8 oz	1 cup	1 lb	2 cups	
*Carrots, fresh, shredded	7 oz	3 cups	14 oz	1 qt 2 cups	
Juice, orange, chilled	6 oz	¾ cup	12 oz	1 ½ cups	4 Add the wet ingredients to the dry ingredients and mix for 1 minute on low speed just until the dry ingredients are incorporated. Do not over mix.
Applesauce, unsweetened	4 ½ oz	½ cup	9 oz	1 cup	
Oil, vegetable	2 oz	¼ cup	4 oz	½ cup	
Lemon zest		2 Tbsp		4 Tbsp	
Vanilla extract		1 Tbsp		2 Tbsp	
					5 Lightly coat a 24 count muffin pan (20 ½" x 14") with pan-release spray. Using a No. 16 scoop, portion ¼ cup (about 2 ½ oz) muffin mixture into each muffin cup. For 25 servings, use 2 muffin pans. For 50 servings, use 3 muffin pans.
					6 Bake: Conventional oven: 375 °F for 25 minutes. Convection oven: 350 °F for 20 minutes. Serve 1 muffin.





NUTRITION INFORMATION

For 1 muffin

NUTRIENTS

AMOUNT

Calories 141

Total Fat 4 g

Saturated Fat 1 g

Cholesterol 42 g

Sodium 194 mg

Total Carbohydrate 23 g

Dietary Fiber 1 g

Total Sugars 10 g

Added Sugars 8 g

Protein 4 g

Vitamin A 19 RAE

Vitamin C 4 mg

Calcium 36 mg

Iron 1 mg

Source:

USDA Standardized Recipe Project — 2025

*Marketing Guide

Food as Purchased for	25 Servings	50 Servings
Carrots, fresh, whole	8 oz	1 lb

NOTES

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

The food safety temperatures are based on the FDA Food Code. Some information included may be different in your state. Always check with your local regulatory authority (health department) or sponsoring organization (sponsor) for guidance on current food safety requirements in your operation.

Cooking Process #2: Same Day Service.

YIELD/VOLUME

25 Servings	50 Servings
Batter: 1 qt 3 ½ cups/3 lbs 12 oz 25 muffins	Batter: 3 qt 3 cups/7 lbs 8 oz 50 muffins

