



Oatmeal Muffin Squares

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

Preparation Time: 20 minutes

Cook Time: 45 minutes

CACFP Crediting Information:
1 square provides 1 oz eq grains.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Flour, whole-wheat	7 ¾ oz	1 ¾ cup	15 ½ oz	3 ½ cups	1 Preheat the oven to bake at 350 °F for conventional or 325 °F for convection.
Flour, bread, enriched	7 ½ oz	1 ⅔ cup	15 oz	3 ⅓ cups	
Oats, rolled, dry	7 oz	2 cups	14 oz	1 qt	2 Set aside for step 6: 1 oz bread flour for 25 servings. 2 oz bread flour for 50 servings.
Baking soda		1 tsp		2 tsp	
Baking powder		2 tsp		1 Tbsp 1 tsp	3 Combine flour, oats, baking soda, baking powder, 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.
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	
*Bananas, fresh, ripe, mashed	14 oz	2 cups	1 lb 12 oz	1 qt	4 Combine bananas, eggs, sugar, oil, and vanilla extract in a mixing bowl. Whisk well until the eggs are incorporated.
Eggs, whole frozen eggs, thawed	8 oz	4 eggs	1 lb	8 eggs	
Sugar	4 oz	½ cup	8 oz	1 cup	
Oil, vegetable		½ cup		1 cup	5 Add the banana mixture to the dry ingredients and mix on medium-low speed just until the dry ingredients are incorporated. Do not overmix.
Vanilla extract		1 Tbsp		2 Tbsp	
Blueberries, frozen, drained	11 oz	2 cups	1 lb 6 oz	1 qt	6 In a medium mixing bowl, coat blueberries with remaining flour. Fold blueberries into the batter. Stir gently.
					7 Pour 2 qt (about 3 lbs 12 oz) batter into a half steam table pan (12" x 10" x 2 ½") lightly coated with pan-release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					8 Bake until golden brown: Conventional oven: 350 °F for 45 minutes. Convection oven: 325 °F for 40 minutes.
					9 Portion: Cut each pan 5 x 5 (25 pieces per pan). Serve 1 piece (2" x 3 ¾").



**NUTRITION INFORMATION**

For 1 piece (about 2" x 3 ¾").

NUTRIENTS **AMOUNT****Calories** **181****Total Fat** **5 g**

Saturated Fat 0 g

Cholesterol **29 g****Sodium** **147 mg****Total Carbohydrate** **30 g**

Dietary Fiber 3 g

Total Sugars 8 g

Added Sugars N/A

Protein **4 g**

Vitamin A 62 IU

Vitamin C 2 mg

Calcium 39 mg

Iron 1 mg

N/A=no information available

Source:

USDA Standardized Recipes Project - 2024

***MARKETING GUIDE**

Food as Purchased for	25 Servings	50 Servings
Bananas, fresh	14 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.

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.

YIELD/VOLUME

25 Servings	50 Servings
About 3 lbs 12 oz batter	About 7 lbs 8 oz batter
About 1 qt/1 steam table pan (12" x 10" x 2½")	About 2 qts/2 steam table pans (12" x 10" x 2½")

