

Breakfast Muffins

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

CACFP Crediting Information:

1 muffin provides 1 oz eq grains.



Preparation Time: 20 minutes

Cook Time: 20 minutes

Makes: 6 servings

Ingredients

½ cup (2 oz) flour, whole-wheat
 ½ cup (2 oz) flour, all-purpose, enriched
 2 Tbsp (1 ¾ oz) sugar, granulated
 ½ tsp baking soda
 ¼ tsp baking powder
 ¼ tsp ginger, ground
 ⅛ tsp cloves, ground
 ⅛ tsp salt
 ¼ cup eggs, frozen, whole, thawed or 1 large egg
 ¼ cup (2 oz) yogurt, Greek-style, non-fat, plain
 ½ cup + 1 Tbsp (1 ¾ oz) carrots, fresh, shredded
 ⅛ cup (1 ½ oz) orange juice, chilled
 1 Tbsp 1 tsp (1 ⅛ oz) applesauce, unsweetened
 1 Tbsp oil, vegetable
 1 ½ tsp lemon zest
 ¾ tsp vanilla extract

Directions

- 1** Preheat oven:
Conventional oven: 375 °F.
Convection oven: 350 °F.
- 2** Combine flours, sugar, baking soda, baking powder, ginger, cloves, and salt in a mixing bowl. Stir well. Set aside for step 4.
- 3** In a separate mixing bowl, combine eggs, yogurt, carrots, orange juice, applesauce, oil, lemon zest, and vanilla extract. Whisk until well combined.
- 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.
- 5** Lightly coat a six count muffin pan with pan-release spray. Using a No. 16 scoop, portion ¼ cup (about 2 ½ oz) muffin mixture into each muffin cup.
- 6** Bake:
Conventional oven: 375 °F for 20 minutes.
Convection oven: 350 °F for 20 minutes.
Serve 1 muffin.



NUTRITION INFORMATION

For 1 muffin

NUTRIENTS	AMOUNT
Calories	152
Total Fat	4 g
Saturated Fat	1 g
Cholesterol	44 mg
Sodium	202 mg
Total Carbohydrate	25 g
Dietary Fiber	1 g
Total Sugars	10 g
Added Sugars	8 g
Protein	5 g
Vitamin A	20 RAE
Vitamin C	4 mg
Calcium	37 mg
Iron	1 mg

NOTES

The food safety temperatures are based on Federal consumer food safety guidance. Some information 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.

Source:

USDA Standardized Recipe Project — 2025

