

# Oatmeal Muffin Squares

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

## CACFP Crediting Information:

1 square provides 1 oz eq grains.



**Preparation Time: 20 minutes**

**Cooking Time: 45 minutes**

**Makes: 6 servings**

## Ingredients

- 2 oz (½ cup) whole wheat flour
- 1 ¾ oz (½ cup) enriched bread flour
- ½ cup rolled oats
- ⅛ tsp baking soda
- ¼ tsp baking powder
- ½ tsp cinnamon, ground
- ½ tsp nutmeg, ground
- ¼ tsp salt
- ½ cup or 1 banana, fresh, over-ripe, mashed
- 1 egg
- ⅛ cup sugar, granulated
- ⅛ cup vegetable oil
- ½ tsp vanilla extract
- ½ cup blueberries, frozen, thawed

## Directions

- 1** Pre-heat the oven to bake at 350 °F for conventional or 325 °F for convection.
- 2** Set aside 2 Tbsp of bread flour for step 6.
- 3** Combine flour, oats, baking soda, baking powder cinnamon, nutmeg, and salt in a mixing bowl. Stir well. Set aside for step 5.
- 4** In a separate mixing bowl, combine bananas, egg, sugar, oil, and vanilla extract. Stir well until the egg is incorporated.
- 5** Add the banana mixture to the dry ingredients and stir just until the dry ingredients are incorporated. Do not overmix.
- 6** In a small mixing bowl, coat blueberries with reserved flour. Fold blueberries into the batter. Stir gently.
- 7** Pour batter into a small baking pan (8" x 8" x 2") lightly coated with pan-release spray.
- 8** Bake until golden brown:  
Conventional oven: 350 °F 45 minutes.  
Convection oven: 325 °F for 40 minutes.
- 9** Remove from oven and let cool. Portion into 6 servings. Serve 1 piece (2 ⅔ inch square).

**NUTRITION INFORMATION**For 1 square (2  $\frac{2}{3}$  inch square)**NUTRIENTS****AMOUNT**

<b>Calories</b>	<b>190</b>
<b>Total Fat</b>	<b>6 g</b>
Saturated Fat	1 g
<b>Cholesterol</b>	<b>31 g</b>
<b>Sodium</b>	<b>156 mg</b>
<b>Total Carbohydrate</b>	<b>29 g</b>
Dietary Fiber	3 g
Total Sugars	8 g
Added Sugars	N/A
<b>Protein</b>	<b>5 g</b>
Vitamin A	65 IU
Vitamin C	2 mg
Calcium	41 mg
Iron	1 mg

N/A=no information available

**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 - 2024