



# Lemon-Blueberry Corn Muffins

Take your corn muffins to the next level. Add blueberries for a splash of color and a burst of flavor.

**AGES:** 3–18 years

**PREP TIME:** 45 minutes

**COOK TIME:** 25 minutes

**CACFP CREDITING INFORMATION**

1.25 oz eq grains 

**SOURCE**

Team Nutrition CACFP Easy Recipe Project

[TeamNutrition.USDA.gov](http://TeamNutrition.USDA.gov)

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<b>1</b> Wash hands with soap and water for at least 20 seconds.
					<b>2</b> Preheat oven to 375 °F.
Nonstick cooking spray		2 sprays		4 sprays	<b>3</b> Line muffin tins with paper liners. Spray with nonstick cooking spray.
Flour, whole-wheat	12½ oz	2¾ cups	1 lb 9 oz	1 qt + 1½ cups	<b>4</b> In a large bowl, combine flour, cornmeal, brown sugar, salt, and baking powder. Sift mixture. Remove ¼ cup of dry mixture and set aside.
Cornmeal, enriched	6¼ oz	1 cup	12½ oz	2 cups	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Brown sugar, packed	7 oz	1 cup	14 oz	2 cups	
Salt, table		1 tsp		2 tsp	
Baking powder		1 Tbsp + 1 tsp		2 Tbsp + 2 tsp	
Milk, low-fat (1%)	16 fl oz	2 cups	32 fl oz	1 qt	<b>5</b> In a large bowl, combine milk, applesauce, eggs, and lemon extract. Whisk until well-blended. Add to dry ingredients. Whisk to mix. Wash hands after touching uncooked eggs.
Applesauce, unsweetened	8 oz	1 cup	1 lb	2 cups	
Egg, fresh, large, whole		4		8	
Lemon extract		1 tsp		2 tsp	
Blueberries, frozen, whole, unsweetened or fresh*	10½ oz	2 cups	1 lb 5 oz	1 qt	<b>6</b> Place frozen blueberries in a medium bowl, add ¼ cup reserved dry mixture and toss.
					<b>7</b> With a rubber spatula, fold breaded blueberries and any remaining dry ingredients from the bottom of the bowl into the muffin mixture.
					<b>8</b> Pour ⅓ cup (#12 scoop) of muffin mixture into each prepared muffin liner.
					<b>9</b> Bake for 25 minutes.
					<b>10</b> Remove from the oven and cool on a rack for 5 minutes.
					<b>11</b> Serve 1 muffin.




**NUTRITION INFORMATION**

1 Lemon-Blueberry Corn Muffin

Nutrients	Amount
<b>Calories</b>	<b>146</b>
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<b>Total Fat</b>	<b>2 g</b>
Saturated Fat	1 g
Cholesterol	28 mg
<b>Sodium</b>	<b>199 mg</b>
<b>Total Carbohydrate</b>	<b>29 g</b>
Dietary Fiber	2 g
Total Sugars	12 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>4 g</b>
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Vitamin D	N/A
Calcium	88 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available

**NOTES**

- **Contains milk, eggs, and wheat (flour).**
- If you do not use paper muffin liners, spray the muffin pan with nonstick cooking spray.
- Coating blueberries with dry mixture will prevent the blueberries from sinking to the bottom of the muffin.
- To verify muffins are done, insert a wooden toothpick into the center of a muffin. If wet batter sticks to the toothpick, the muffins need more baking time.
- Muffins freeze well. Allow muffins to cool completely. Wrap securely in foil, freezer wrap, or place in freezer bags. Label and date. Muffins can thaw safely at room temperature. For information on how to safely thaw foods, visit [foodsafety.gov](https://www.foodsafety.gov).
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method C.

**YIELD/VOLUME**

25 Servings	50 Servings
Weight: 4 lb 9 oz Yield: 25 muffins	Weight: 9 lb 2 oz Yield: 50 muffins

**\*MARKETING GUIDE**

Food as Purchased for:	25 Servings	50 Servings
Blueberries, fresh	12 oz	1 lb 8 oz

