

# 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

**NSLP/SBP Crediting Information:**

1 muffin provides 1 oz eq grains.



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Flour, whole-wheat	15 oz	1 qt	1 lb 14 oz	2 qt	<b>1</b> Preheat oven: Conventional oven: 375 °F. Convection oven: 350 °F.
Flour, all purpose, enriched	15 oz	1 qt	1 lb 14 oz	2 qt	
Sugar, granulated	14 oz	1 ½ cup	1 lb 12 oz	3 cups	<b>2</b> 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		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Baking powder		2 tsp		1 Tbsp 1 tsp	
Ginger, ground		2 tsp		1 Tbsp 1 tsp	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Cloves, ground		1 tsp		2 tsp	
Salt		1 tsp		2 tsp	
Eggs, frozen, whole, thawed	1 lb 4 oz	2 ½ cups	2 lbs 8 oz	1 qt 1 cup	<b>3</b> 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	1 lb	2 cups	2 lbs	1 qt	
*Carrots, fresh, shredded	14 oz	1 qt 2 cups	1 lb 12 oz	3 qts	
Juice, orange, chilled	12 oz	1 ½ cups	1 lb 8 oz	3 cups	<b>4</b> 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	9 oz	1 cup	1 lb 2 oz	2 cups	
Oil, vegetable	4 oz	½ cup	8 oz	1 cup	
Lemon zest		4 Tbsp		8 Tbsp	
Vanilla extract		2 Tbsp		4 Tbsp	
					<b>5</b> 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 50 servings, use 3 muffin pans. For 100 servings, use 5 muffin pans.
					<b>6</b> Bake: Conventional oven: 375 °F for 25 minutes. Convection oven: 350 °F for 20 minutes. Serve 1 muffin.

## NUTRITION INFORMATION

For 1 muffin

<b>NUTRIENTS</b>	<b>AMOUNT</b>
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<b>Calories</b>	<b>141</b>
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<b>Total Fat</b>	<b>4 g</b>
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Saturated Fat	1 g
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<b>Cholesterol</b>	<b>42 g</b>
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<b>Sodium</b>	<b>194 mg</b>
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<b>Total Carbohydrate</b>	<b>23 g</b>
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Dietary Fiber	1 g
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Total Sugars	10 g
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Added Sugars	8 g
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<b>Protein</b>	<b>4 g</b>
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Vitamin A	19 RAE
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Vitamin C	4 mg
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Calcium	36 mg
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Iron	1 mg
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**Source:**

USDA Standardized Recipe Project — 2025

### \*Marketing Guide

Food as Purchased for	50 Servings	100 Servings
Carrots, fresh, whole	1 lb	2 lbs

### 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

50 Servings	100 Servings
Batter: 3 qt 3 cups/7 lbs 8 oz 50 muffins	Batter: 1 gal 3 qts 2 cups/15 lbs 100 muffins