



## 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

**NSLP/SBP Crediting Information:**

1 square provides 1 oz eq grains.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Flour, whole-wheat	15 ½ oz	3 ½ cups	1 lb 15 oz	1 qt 3 cups	<b>1</b> Preheat the oven to bake at 350 °F for conventional or 325 °F for convection.  <b>2</b> Set aside for step 6: 2 oz bread flour for 50 servings. 4 oz bread flour for 100 servings.
Flour, bread, enriched	15 oz	3 ⅓ cups	1 lb 14 oz	1 qt 2 ⅔ cups	
Oats, rolled, dry	14 oz	1 qt	28 oz	2 qt	
Baking soda		2 tsp		1 Tbsp 1 tsp	<b>3</b> 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.
Baking powder		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Cinnamon, ground		1 Tbsp 1 tsp		2 Tbsp 2 tsp	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Nutmeg		1 tsp		2 tsp	
Salt		1 tsp		2 tsp	
*Bananas, fresh, ripe, mashed	1 lb 12 oz	1 qt	3 lb 8 oz	2 qt	<b>4</b> Combine bananas, eggs, sugar, oil, and vanilla extract in a mixing bowl. Stir well until the eggs are incorporated.
Eggs, whole frozen eggs, thawed	1 lb	8 eggs	2 lb	16 eggs	
Sugar	8 oz	1 cup	1 lb	2 cups	<b>5</b> Add the banana mixture to the dry ingredients and mix on medium-low speed just until the dry ingredients are incorporated. Do not overmix.
Oil, vegetable		1 cup		2 cups	
Vanilla extract		2 Tbsp		4 Tbsp	
Blueberries, frozen, drained	1 lb 6 oz	1 qt	2 lb 12 oz	2 qt	<b>6</b> In a medium mixing bowl, coat blueberries with remaining flour. Fold blueberries into the batter. Stir gently.
					<b>7</b> 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 50 servings, use 2 pans. For 100 servings, use 4 pans.
					<b>8</b> Bake until golden brown: Conventional oven: 350 °F for 45 minutes. Convection oven: 325 °F for 40 minutes.
					<b>9</b> 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
-----------	--------

<b>Calories</b>	<b>182</b>
-----------------	------------

<b>Total Fat</b>	<b>6 g</b>
------------------	------------

Saturated Fat	0 g
---------------	-----

<b>Cholesterol</b>	<b>30 g</b>
--------------------	-------------

<b>Sodium</b>	<b>147 mg</b>
---------------	---------------

<b>Total Carbohydrate</b>	<b>28 g</b>
---------------------------	-------------

Dietary Fiber	3 g
---------------	-----

Total Sugars	8 g
--------------	-----

Added Sugars	N/A
--------------	-----

<b>Protein</b>	<b>4 g</b>
----------------	------------

Vitamin A	62 IU
-----------	-------

Vitamin C	2 mg
-----------	------

Calcium	38 mg
---------	-------

Iron	1 mg
------	------

N/A=no information available

### Source:

USDA Standardized Recipes Project - 2024

## \*MARKETING GUIDE

Food as Purchased for	50 Servings	100 Servings
Bananas, fresh	1 lb 12 oz	3 lbs 8 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

50 Servings	100 Servings
About 7 lbs 8 oz batter	About 15 lbs batter
About 2 qt/2 steam table pans (12" x 10" x 2½")	About 4 qts/4 steam table pans (12" x 10" x 2½")