



Pumpkin Muffin Squares

USDA Recipe for Schools

Pureed pumpkin, raisins and spices give our Pumpkin Muffin Squares their distinctly delicious and decadent flavor.

NSLP/SBP CREDITING INFORMATION

1 piece provides 1 oz equivalent grains.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Whole-wheat flour	15½ oz	3½ cups	1 lb 15 oz	1 qt 3 cups	1 Place flour, baking powder, baking soda, salt, cinnamon, nutmeg, and ginger 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.
Enriched bread flour	14½ oz	3¼ cups	1 lb 13 oz	1 qt 2½ cups	
Baking powder		1 Tbsp		2 Tbsp	
Baking soda		2 tsp		1 Tbsp 1 tsp	
Salt		2 tsp		1 Tbsp 1 tsp	
Ground cinnamon		1 Tbsp 1 tsp		2 Tbsp 2 tsp	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Nutmeg		1 tsp		2 tsp	
Ground ginger		1 tsp		2 tsp	
Brown sugar	1 lb 10 ² / ₃ oz	3 ¹ / ₃ cups	3 lb 5 ¹ / ₃ oz	1 qt 2 ² / ₃ cups	2 Combine sugar and oil in a large bowl.
Canola oil		1 ¹ / ₂ cups		3 cups	
Frozen whole eggs, thawed	3 oz	¹ / ₃ cup	6 oz	² / ₃ cup	3 Add eggs and vanilla extract. Stir well.
Egg whites	6 oz	² / ₃ cup 1 Tbsp 1 tsp	12 oz	1 ¹ / ₃ cups 2 Tbsp 2 tsp	
Vanilla extract		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
					4 Combine egg mixture with dry ingredients. Mix for 3–5 minutes on low speed. Batter will be lumpy. DO NOT OVERMIX.
Pumpkin, canned	2 lb 8 oz	1 qt ² / ₃ cups	5 lb	2 qt 1 ¹ / ₃ cups	5 Fold in pumpkin and raisins. Stir well.
Raisins	5 oz	² / ₃ cup	10 oz	1 ¹ / ₃ cups	
					6 Pour 2 qt (about 5 lb 10 oz) batter into a half steam table pan (12" x 10" x 2 ¹ / ₂ ") lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
					7 Bake until golden brown: Conventional oven: 350 °F for 40–45 minutes. Convection oven: 325 °F for 35–40 minutes.
					8 Portion: Cut each pan 5 x 5 (25 pieces per pan). Serve 1 piece (about 2" x 2 ³ / ₈ ").

NUTRITION INFORMATION

For 1 piece.

NUTRIENTS	AMOUNT
Calories	199
Total Fat	7 g
Saturated Fat	1 g
Cholesterol	6 mg
Sodium	190 mg
Total Carbohydrate	31 g
Dietary Fiber	2 g
Total Sugars	17 g
Added Sugars included	N/A
Protein	3 g
Vitamin D	1 IU
Calcium	30 mg
Iron	1 mg
Potassium	133 mg
Meal Components	
Grains	1 oz

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

NOTES

Cooking Process #2: Same Day Service.

For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.

YIELD/VOLUME

50 Servings	100 Servings
About 8 lb 10 oz	About 17 lb 4 oz
About 1 gal 1¼ cups/2 steam table pans (12" x 10" x 2½")	About 2 gal 2½ cups/4 steam table pans (12" x 10" x 2½")

