



Apple Cinnamon Crumb Muffin

Fruit-filled muffin with scrumptious cinnamon topping.

Recipe Project Name: Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development
Iowa Department of Education

Preparation Time: 45 minutes

Cook Time: 25 minutes

NSLP/SBP crediting information:

1 muffin provides 1/8 cup fruit and 1 oz equivalent grains.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Oat flour (rolled, dry)	2.8 oz	1 ¼ cups	5.6 oz	1 ½ cups	1. Combine all dry ingredients in a large mixing bowl.
Whole grain flour	1 lb 7 oz	1 qt 1 cup	2 lb 14 oz	2 qt 2 cups	
Baking soda	0.9 oz	1 Tbsp 2 tsp	1.8 oz	3 Tbsp 1 tsp	
Ground cinnamon	½ oz	2 Tbsp	1 oz	¼ cup	
Brown sugar	1 lb 3.3 oz	2 ½ cups	2 lb 6.6 oz	1 qt 1 cup	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Eggs	11 oz	6 each	1 lb 6 oz	12 each	2. Add all liquid ingredients in a mixing bowl. Stir until combined.
Vegetable oil	1 lb 4 oz	2 ½ cups	2 lb 8 oz	1 qt 1 cup	
Vanilla extract	1 oz	2 Tbsp	2 oz	¼ cup	
*Granny Smith apples, peeled and grated	3 lb	2 qt 2 cups	6 lb	1 gal 1 qt	3. Peel and grate apples. Stir into liquid ingredients. Pour liquid ingredients over dry ingredients. 4. Stir with a rubber spatula just until ingredients are combined. Do not overmix. 5. Using a No. 12 dipper, scoop batter into muffin tins lined with cupcake papers.
Crumb Topping:					
Brown sugar	9.6 oz	1 ¼ cups	3 lb 3.2 oz	2 ½ cups	
Granulated sugar	3 ½ oz	½ cup	7 oz	1 cup	6. Combine all ingredients for crumb topping. Place crumb topping on each muffin using a No. 60 scoop. 7. Bake for 20-25 minutes at 350 °F.
Ground cinnamon	0.2 oz	3 Tbsp	0.4 oz	¼ cup 2 Tbsp	
Whole grain flour	7 oz	1 ½ cups	14 oz	3 ¼ cups	8. Cool before serving.
Butter, melted	5 oz	¾ cup	10 oz	1 ½ cups	

**APPLE CINNAMON CRUMB MUFFIN
NUTRITION INFORMATION**

For 1 muffin

NUTRIENTS	AMOUNT
Calories	282
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Total Fat	15 g
Saturated Fat	3 g
Cholesterol	29 mg
Sodium	154 mg
Total Carbohydrate	36 g
Dietary Fiber	2 g
Total Sugars	18 g
Added Sugars included	N/A
Protein	3 g
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Vitamin A	N/A
Vitamin C	N/A
Vitamin D	N/A
Calcium	30 mg
Iron	1 mg
Potassium	N/A

N/A=data not available.

*MARKETING GUIDE		
Food as Purchased for	50 Servings	100 Servings
Granny Smith apples	3.9 lb	7.7 lb

NOTES
<p>*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.</p> <p>Cooking Process #2: Same Day Service</p>

YIELD/VOLUME	
50 Servings	100 Servings
About 10 lb 7 ½ oz	About 20 lb 15.2 oz

SOURCE:

FY 2021 Cohort A Team Nutrition Training Grant

