

# **Butternut Muffin**

Shredded butternut squash and fragrant spices give this muffin a unique and delicious flavor.

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

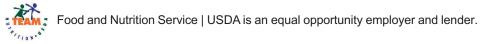
**Preparation Time:** 1 hour **Cook Time:** 22 minutes

**NSLP/SBP crediting information:** 1 muffin provides <sup>1</sup>/<sub>8</sub> cup red/orange vegetable, 1 oz equivalent grains.

	50 SERVINGS		100 SERVINGS		
INGREDIENTS	Weight	Measure	Weight	Measure	DIRECTIONS
*Butternut squash, shredded	3 lb 10 oz	3 qt	7 lb 4 oz	1 gal 2 qt	1. Preheat oven to 375 °F.
Margarine	3 oz	¼ cup 2 Tbsp	6 oz	¾ cup	2. In a large sauce pan, sauté the butternut squash in the margarine until soft, not mushy. Set sautéed squash to the side.
Baking powder		2 Tbsp		¼ cup	<b>3.</b> In a large bowl, stir together the baking powder, salt, ground cinnamon, brown sugar, instant oats, and flour. Make a well in the center.
Salt		1 ½ tsp		1 Tbsp	
Cinnamon, ground		2 Tbsp		1 Tbsp 1 tsp	
Brown sugar	15 3/10 oz	2 cups	1 lb 14 3/5 oz	1 qt	



	50 SERVINGS		100 SERVINGS		
INGREDIENTS	Weight	Measure	Weight	Measure	DIRECTIONS
Oats, instant	2 4/5 oz	1 cup	5 3/5 oz	2 cups	
Whole wheat flour	1 lb 4 oz	1 qt ½ cup	2 lb 8 oz	2 qt 1 cup	
All-purpose flour, enriched	1 lb	3 ½ cups	2 lb	1 qt 3 cups	
Eggs, fresh, large, whole	5 ¼ oz	3 eggs	10 ½ oz	6 eggs	<b>4.</b> In a separate bowl, beat eggs. Stir in canola oil, vanilla extract, yogurt, water, and milk. Pour all at once into the well in the dry ingredients. Mix quickly with a fork until the batter is moist, but do not beat. The batter will be lumpy.
Canola oil		1 cup		2 cups	
Vanilla extract		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Yogurt, vanilla, low-fat		2 cups		1 qt	
Water, cold		1 cup		2 cups	
Milk, 1%		3 cups		1 qt 2 cups	<ol> <li>Save ½ cup (for 50 servings) or 1 cup (for 100 servings) of butternut squash to top the muffins. Fold the remaining butternut squash into muffin batter with a spatula. Pour the batter into paper-lined muffin pans. Bake for 20 minutes. (If using a convection oven, fan speed should be set on low.)</li> </ol>
					6. Remove muffins from the oven. Evenly distribute remaining butternut squash on top of each muffin.
					7. Place back in the oven for 2 minutes.
					<ol> <li>Remove muffins from the oven and allow them to cool for about 5 minutes in the pan, then remove from pan. Muffins can be served warm or at room temperature.</li> </ol>



#### BUTTERNUT MUFFIN NUTRITION INFORMATION

For 1 muffin

NUTRIENTS	<b>AMOUNT</b>
Calories	185
Total Fat	<b>7 g</b>
Saturated Fat	1 g
Cholesterol	11 mg
Sodium	<b>190 mg</b>
Total Carbohydrate	<b>29 g</b>
Dietary Fiber	2 g
Total Sugars	11 g
Added Sugars included	N/A
Protein	<b>4 g</b>
Vitamin A Vitamin C Vitamin D Calcium Iron Potassium N/A=data not available.	N/A N/A 37 mg 1 mg 90 mg

*MARKETING GUIDE					
Food as Purchased for	50 Servings	100 Servings			
Butternut squash	4 lb 5 oz	8 lb 10 oz			

# NOTES

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Use a peeler to peel the butternut squash. Use a box shredder or food processor to shred the butternut squash.

# Cooking Process #2: Same Day Service

YIELD/VOLUME			
50 Servings	100 Servings		
50 muffins	100 muffins		
About 9 lb 1 oz	About 18 lb 2 oz		

# SOURCE:

FY 2021 Cohort A Team Nutrition Training Grant

