



# 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 1/8 cup red/orange vegetable, 1 oz equivalent grains.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Butternut squash, shredded	3 lb 10 oz	3 qt	7 lb 4 oz	1 gal 2 qt	<ol style="list-style-type: none"> <li>1. Preheat oven to 375 °F.</li> <li>2. In a large sauce pan, sauté the butternut squash in the margarine until soft, not mushy. Set sautéed squash to the side.</li> <li>3. In a large bowl, stir together the baking powder, salt, ground cinnamon, brown sugar, instant oats, and flour. Make a well in the center.</li> </ol>
Margarine	3 oz	1/4 cup 2 Tbsp	6 oz	3/4 cup	
Baking powder		2 Tbsp		1/4 cup	
Salt		1 1/2 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	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
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	<b>5.</b> 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.) <b>6.</b> Remove muffins from the oven. Evenly distribute remaining butternut squash on top of each muffin. <b>7.</b> Place back in the oven for 2 minutes. <b>8.</b> 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.



**BUTTERNUT MUFFIN  
NUTRITION INFORMATION**

For 1 muffin

**NUTRIENTS** **AMOUNT**  
**Calories** **185**

<b>Total Fat</b>	<b>7 g</b>
Saturated Fat	1 g
Cholesterol	11 mg
<b>Sodium</b>	<b>190 mg</b>
<b>Total Carbohydrate</b>	<b>29 g</b>
Dietary Fiber	2 g
Total Sugars	11 g
Added Sugars included	N/A
<b>Protein</b>	<b>4 g</b>
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Vitamin A	N/A
Vitamin C	N/A
Vitamin D	N/A
Calcium	37 mg
Iron	1 mg
Potassium	90 mg

N/A=data not available.

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

<b>NOTES</b>
<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>Use a peeler to peel the butternut squash. Use a box shredder or food processor to shred the butternut squash.</p> <p>Cooking Process #2: Same Day Service</p>

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

**SOURCE:**

FY 2021 Cohort A Team Nutrition Training Grant

