

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*

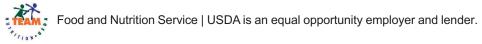
Preparation Time: 1 hour **Cook Time:** 22 minutes

NSLP/SBP crediting information: 1 muffin provides ¹/₈ cup red/orange vegetable, 1 oz equivalent grains.

	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	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.
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	4. 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	 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.)
					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.
					 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
Total Fat	7 g
Saturated Fat	1 g
Cholesterol	11 mg
Sodium	190 mg
Total Carbohydrate	29 g
Dietary Fiber	2 g
Total Sugars	11 g
Added Sugars included	1 g
Protein	4 g
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

