



Berry Cornmeal Muffins

Light and fluffy cornmeal muffins with sweet and sour berries.

Recipe Project Name: Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development
Washington State Office of Superintendent of Public Instruction on behalf of Highline Public Schools

Preparation Time: 15 minutes

Cook Time: 20 minutes

NSLP/SBP crediting information:

1 muffin provides 1 ¼ oz equivalent grains.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Flour, whole wheat	1 lb 8 oz	3 ¾ cup	3 lb	1 qt 3 ½ cups	<ol style="list-style-type: none"> Preheat conventional oven to 325 °F or convection oven to 300 °F. In the bowl of a mixer fitted with a paddle attachment, add the flour, corn meal, brown sugar, baking powder, baking soda, salt, and powdered milk. Mix on low until combined. For 50 servings, use an 8 qt or larger countertop mixer. For 100 servings, use a 20 qt or larger floor mixer.
Cornmeal, 100% whole grain, yellow	1 lb 2 oz	2 ¾ cup	2 lb 3 oz	1 qt 1 ½ cups	
Brown sugar, light, soft, without clumps	1 lb 2 oz	3 cups	2 lb 5 oz	1 qt 2 cups	
Baking powder	1 oz	2 Tbsp	2 oz	¼ cup	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Baking soda	½ oz	1 Tbsp	1 oz	2 Tbsp	
Salt, kosher		½ Tbsp		1 Tbsp	
Instant powdered milk, nonfat	8 oz	2 cups	1 lb	1 qt	
Liquid egg	1 lb 4 oz	2 ½ cups	2 lb 8 oz	1 qt 1 cup	3. Add the eggs, oil, water, vanilla extract, and lemon juice to the dry ingredients and mix on low speed until well combined. The mixture should have a thick consistency with no lumps.
Oil, vegetable	8 oz	1 cup	1 lb	2 cups	
Water	1 lb 12 oz	3 ½ cups	3 lb 8 oz	1 qt 3 cups	
Vanilla extract	1 oz	1 Tbsp	2 oz	2 Tbsp	
Lemon juice	4 oz	½ cup 1 tsp	8 oz	1 cup 2 tsp	
*Frozen huckleberries or blueberries	1 lb	3 cups	2 lb	1 qt 2 cups	4. Remove paddle from mixer and fold berries into the batter, gently mixing by hand until berries are well incorporated. 5. Spray muffin tins with nonstick spray. Using a No. 12 scoop, fill each muffin tin ⅔ full.
Muffin Topping					
Brown sugar, light, soft, without clumps	3 ½ oz	½ cup 1 tsp	6 ¾ oz	1 cup 2 tsp	6. Mix brown sugar and lemon zest together in a small bowl.
Lemon zest		½ cup		1 cup	7. Sprinkle brown sugar/lemon zest mixture on top of each muffin. 8. Bake muffins in a conventional oven at 325 °F or convection oven at 300 °F at low fan speed for 15-18 minutes until the muffins are golden brown and a toothpick inserted in the center comes out clean.



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					9. Serving size – 1 muffin.



**BERRY CORNMEAL MUFFIN
NUTRITION INFORMATION**

For 1 muffin

NUTRIENTS **AMOUNT**
Calories **207**

Total Fat **6 g**
Saturated Fat 1 g
Cholesterol 43 mg
Sodium **179 mg**
Total Carbohydrates **34 g**
Dietary Fiber 2 g
Total Sugars 15 g
Added Sugars included 12 g
Protein **6 g**

Vitamin A 60 mcg RAE
Vitamin C 1 mg
Vitamin D 32 IU
Calcium 106 mg
Iron 1 mg
Potassium 256 mg

N/A=data not available.

*MARKETING GUIDE		
Food as Purchased for	50 Servings	100 Servings
Blueberries or huckleberries, frozen	1 lb	2 lb

NOTES
*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.
Muffins can be made ahead and stored in refrigerator or freezer until ready for service. Freeze muffins individually on sheet pan before transferring to a container for storage. Separate muffins to thaw prior to service.
Cooking Process #2: Same Day Service

YIELD/VOLUME	
50 Servings	100 Servings
50 muffins About 8 lb 12 oz raw batter before cooking	100 muffins About 17 lb 8 oz raw batter before cooking

SOURCE:

FY 2021 Cohort A Team Nutrition Training Grant

