



Whole Grain-Rich Sorghum Chocolate Muffin Tops

Introducing sorghum flour in this flavorful kid-favorite recipe.

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

Preparation Time: 30 minutes
Cook Time: 15 minutes

NSLP/SBP crediting information:
 1 muffin top provides 1 oz eq grains.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Vanilla extract	1 ⅜ oz	2 Tbsp 2 tsp	2 ¾ oz	⅓ cup	<ol style="list-style-type: none"> 1. Allow all ingredients to come to room temperature. 2. Preheat conventional oven to 350 °F. 3. Place sheet pan liners on full size sheet pans (18" x 26"). For 50 servings, use 2 pans. For 100 servings, use 4 pans. 4. In a large mixing bowl, mix wet ingredients: vanilla, oil, eggs, and applesauce.
Oil, canola	11 oz	1 ¼ cups 2 Tbsp	1 lb 6 oz	2 ¾ cups	
Eggs, fresh, large, whole	11 oz	6 each	1 lb 6 oz	12 each	
Applesauce, canned, unsweetened	2 lb 1 oz	3 ⅔ cups	4 lb 2 oz	1 qt 3 ⅓ cups	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Flour, sorghum, whole grain	2 lb ½ oz	2 qt ⅛ cup	4 lb 1 oz	1 gal ¼ cup	<p>5. In a separate bowl, mix dry ingredients: sorghum flour, cinnamon, baking soda, salt, cocoa, sugar, and xanthan gum.</p>
Cinnamon, ground	⅜ oz	1 Tbsp 1 ¾ tsp	¾ oz	3 Tbsp ½ tsp	
Baking soda	½ oz	1 Tbsp	1 oz	2 Tbsp	
Salt, table	⅙ oz	¾ tsp	⅓ oz	1 ½ tsp	
Cocoa powder, dry	2 ¾ oz	¾ cup 1 Tbsp 1 tsp	5 ½ oz	1 ⅔ cups	
Sugar, white, granulated	1 lb 5 ⅜ oz	3 cups	2 lb 10 ⅞ oz	1 qt 2 cups	<p>6. Add dry ingredients to wet ingredients. Stir to combine.</p>
Xanthan gum	⅜ oz	1 Tbsp 1 ¾ tsp	¾ oz	3 Tbsp ½ tsp	
Chocolate chips	12 oz	2 cups	1 lb 8 oz	1 qt	<p>7. Stir in chocolate chips and let batter rest for 15 minutes, but no more than 20 minutes.</p> <p>8. Use a No. 16 (2 oz) disher to scoop batter onto prepared pans (25 per pan). Place scoops about 2 inches apart.</p> <p>9. Bake in the preheated oven for 10-12 minutes. To check if done, insert a toothpick into the center of the muffin top then remove it. If the toothpick comes out clean, the muffin tops are done. If the toothpick comes out with wet batter, more time in the oven is needed.</p> <p>10. Let cool and remove from pans.</p> <p>11. Serve one muffin top.</p>



**WHOLE GRAIN-RICH SORGHUM
CHOCOLATE MUFFIN TOPS
NUTRITION INFORMATION**

For 1 muffin top

NUTRIENTS	AMOUNT
Calories	222
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Total Fat	9.7 g
Saturated Fat	1.5 g
Cholesterol	22.3 mg
Sodium	129 mg
Total Carbohydrate	34.3 g
Dietary Fiber	2.4 g
Total Sugars	17.7 g
Added Sugars included	N/A
Protein	2.7 g
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Vitamin A	N/A
Vitamin C	N/A
Vitamin D	N/A
Calcium	10.2 mg
Iron	0.8 mg
Potassium	N/A

N/A=data not available.

NOTES

Note: Can use muffin pans for traditional muffins.

Cooking Process #2: Same Day Service

YIELD/VOLUME

50 Servings	100 Servings
About 2 full sheet pans (18" x 26") or muffin pans	About 4 full sheet pans (18" x 26") or muffin pans

SOURCE:

FY 2021 Cohort A Team Nutrition Training Grant

