



Harvest Muffin

Whole wheat muffin with apple and sweet potato chunks. Nutrition boosted with pureed navy beans.

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

Preparation Time: 60 minutes

Cook Time: 18-20 minutes

NSLP/SBP crediting information:

1 muffin provides 1 oz equivalent grains and 1/8 cup beans and peas (legumes).

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Beans, navy, canned, drained	3 lb	1 qt 3 cups	6 lb	3 qt 2 cups	<ol style="list-style-type: none"> Preheat conventional oven to 375 °F or convection oven (low fan) to 350 °F. Combine drained beans and milk in food processor until smooth. Critical Control Point: Hold at 41 °F or below in large mixing bowl. In a separate large mixing bowl combine flour, baking soda, cinnamon, salt, allspice, and cloves. Set aside.
Milk, 1%, white		1 cup 2 Tbsp		2 1/4 cups	
Flour, whole wheat	1 lb 14 oz	1 qt 3 1/2 cups	3 lb 12 oz	3 qt 3 cups	
Baking soda		1 Tbsp 1 1/2 tsp		3 Tbsp	
Cinnamon, ground		1 Tbsp		3 Tbsp	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
		1 ½ tsp			
Salt		1 Tbsp		2 Tbsp	4. Line muffin tins (50 or 100) with paper liners and spray lightly with cooking spray.
Allspice		1 tsp		2 tsp	
Cloves, ground		1 tsp		2 tsp	
*Sweet potatoes, fresh, peeled and shredded	5 oz	1 ½ cups	10 oz	3 cups	
*Apples, fresh, peeled, cored, and diced (Granny Smith or Honeycrisp)	1 lb	1 qt ¾ cups	2 lb	2 qt 1 ½ cups	
Sweet potato puree (see Notes below)	3 oz	⅓ cup	6 oz	⅔ cup	5. Combine prepared sweet potato, sugars, eggs, and vanilla extract with bean and milk mixture from Step 2. Blend well either in large food processor or with mixer on speed #1.
Sugar, granulated	12 oz	1 ½ cups	1 lb 8 oz	3 cups	
Sugar, brown, packed	12 oz	1 ½ cups	1 lb 8 oz	3 cups	6. Add dry ingredients from Step 3. Mix until all ingredients are moist forming a stiff batter.
Eggs		5 each		10 each	
Vanilla extract		2 Tbsp		¼ cup	7. Fold in shredded sweet potatoes and diced apples.
					8. Fill muffin tins using a level No. 12 scoop (⅓ cup). 9. Bake 18-20 minutes or until toothpick comes out clean. 10. Remove muffins from pan and cool on wire rack. 11. Serve 1 muffin warm or at room temperature. Critical Control Point: Hold leftover muffins at 41 °F or below due to content of cooked fruit.

HARVEST MUFFIN NUTRITION INFORMATION

For 1 muffin

NUTRIENTS	AMOUNT
Calories	149
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Total Fat	1 g
Saturated Fat	<1 g
Cholesterol	19 mg
Sodium	294 mg
Total Carbohydrate	32 g
Dietary Fiber	4 g
Total Sugars	14 g
Added Sugars included	N/A
Protein	5 g
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Vitamin A	N/A
Vitamin C	N/A
Vitamin D	N/A
Calcium	42 mg
Iron	1 mg
Potassium	N/A

N/A=data not available.

MARKETING GUIDE		
Food as Purchased for	50 Servings	100 Servings
Sweet potatoes, fresh, whole	10 oz	1 lb 4 oz
Apples, Granny Smith or Honeycrisp, 125-138 count, whole	1 lb 6 oz	2 lb 12 oz

NOTES
<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>Pureed beans cannot count towards Meats/Meat Alternates, only Vegetables in muffins.</p> <p>Optional - use canned sweet potatoes or roast your own and puree. If roasting your own, purchase 15 ½ oz for 50 servings and 1 lb 15 oz for 100 servings.</p> <p>Cooking Process #3: Complex</p>

YIELD/VOLUME	
50 Servings	100 Servings
50 muffins	100 muffins

SOURCE:

FY 2021 Cohort A Team Nutrition Training Grant

