

# Blueberry Muffin Squares

Grains/Breads

Grains/Breads

A-16B

| Ingredients   | 25 Servings |                              | 50 Servings |                              | Directions   |
|---|-------------|------------------------------|-------------|------------------------------|--|
|   | Weight      | Measure                      | Weight      | Measure                      |  |
| Rolled oats   | 4 oz        | 1 ½ cups                     | 8 oz        | 3 cups                       | 1. Place oats in a bowl, and pour hot water over oats. Let stand 20 minutes. Do not drain. Reserve for step 5.   |
| Water, hot  |             | 1 ¾ cups                     |             | 3 ½ cups                     |  |
| Enriched all-purpose flour                                | 10 oz       | 2 ¼ cups 1 Tbsp              | 1 lb 4 oz   | 1 qt ⅝ cup                   | 2. In a separate bowl, combine flour, baking soda, cinnamon, nutmeg, and salt. Reserve for step 5.   |
| Baking soda   |             | ⅝ tsp                        |             | 1 ¼ tsp                      |  |
| Ground cinnamon   |             | ⅝ tsp                        |             | 1 ¼ tsp                      | 3. In a separate mixing bowl, cream margarine or butter and sugars using paddle attachment for 10 minutes on medium speed. Scrape down sides of bowl.  |
| Ground nutmeg   |             | ⅝ tsp                        |             | 1 ¼ tsp                      |  |
| Salt  |             | ⅝ tsp                        |             | 1 ¼ tsp                      |  |
| Margarine or butter                                       | 3 oz        | ¼ cup 2 Tbsp                 | 6 oz        | ¾ cup                        |  |
| Brown sugar, packed                                       | 9 oz        | 1 cup 2 Tbsp                 | 1 lb 2 oz   | 2 ¼ cups                     | 4. Add the vanilla, egg whites, yogurt, and applesauce. Beat for 3 minutes on medium speed.  |
| Sugar   | 9 oz        | 1 cup 2 Tbsp                 | 1 lb 2 oz   | 2 ¼ cups                     |  |
| Vanilla   |             | 1 ¼ tsp                      |             | 2 ½ tsp                      |  |
| Frozen egg whites, thawed<br>OR<br>Fresh large egg whites | 5 oz        | ½ cup 1 Tbsp<br>OR<br>4 each | 10 oz       | 1 cup 2 Tbsp<br>OR<br>7 each | 5. Add the oat mixture from step 1 and blend for 1 minute on low speed. Add the flour mixture from step 2 and blend for 1 minute on low speed. Scrape down sides of bowl.<br>6. Blend for 1 minute on low speed. |
| Lowfat plain yogurt                                       |             | 2 Tbsp                       |             | ¼ cup                        |  |
| Canned applesauce   |             | 2 Tbsp                       |             | ¼ cup                        |  |
| Rolled oats   |             | ½ cup 1 ¼ tsp                | 3 oz        | 1 cup 2 ½ tsp                |  |
|   |             |                              |             |                              | 7. Topping:<br>In a separate bowl, combine oats, flour, brown sugar, and margarine or butter. Mix until crumbs are pea-sized.  |

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|  |            |              |           |               |  |
|--|------------|--------------|-----------|---------------|--|
| Enriched all-purpose flour             |            | 2 Tbsp       |           | ¼ cup         |  |
| Brown sugar, packed                    |            | 2 Tbsp ¼ tsp | 2 oz      | ¼ cup ½ tsp   |  |
| Margarine or butter                    |            | 2 Tbsp       | 2 oz      | ¼ cup         |  |
| Frozen blueberries, thawed and drained | 1 lb 11 oz | 3 ¾ cups     | 3 lb 6 oz | 1 qt 2 ¾ cups |  |

8. Into each pan (9" x 13" x 2") which has been lightly coated with pan release spray, pour and spread evenly 3 lb 8 ½ oz (1 qt 2 ¼ cups) of batter. For 25 servings, use 1 pan. For 50 servings, use 2 pans.

9. Spread 1 lb 11 oz blueberries over each pan. Blueberries may be pureed. Sprinkle 4 oz (¾ cup 2 Tbsp) of topping over each pan.

10. Bake until golden brown and muffin pulls away from sides of pan:  
 Conventional oven: 325° F for 45 minutes  
 Convection oven: 325° F for 35 minutes

11. Cut each pan 5 x 5 (25 pieces). Portion is 1 piece.

12. No CCP necessary.

| SERVING:   | YIELD:                                     | VOLUME:  |
|--|--|--|
| 1 piece provides the equivalent of 1 slice of bread. | <b>25 Servings:</b> 5 lb 9 ½ oz (uncooked) | <b>25 Servings:</b> 1 quart 2 ¼ cups (batter)<br>1 pan |
|  | <b>50 Servings:</b> 11 lb 3 oz (uncooked)  | <b>50 Servings:</b> 3 quarts ½ cup (batter)<br>2 pans  |
|  | Edited 2014                                |  |

For muffin pans:  
 1 qt 2 ¼ cups of batter will make 25 muffins. Portion batter with No. 16 scoop (¼ cup) into muffin pans which have been lightly coated with pan release spray or paper lined. Fill no more than two-thirds full. Portion No. 30 scoop (2 Tbsp) blueberries onto each muffin. Sprinkle ½ Tbsp topping over each muffin.

Bake until golden brown:  
 Conventional oven: 400° F for 18-20 minutes  
 Convection oven: 350° F for 12-15 minutes  
 To cool, immediately remove muffins from pans and place on cooling racks.

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## Nutrients Per Serving

|                     |         |                      |        |                      |         |
|---------------------|---------|----------------------|--------|----------------------|---------|
| <b>Calories</b>     | 204     | <b>Saturated Fat</b> | 0.88 g | <b>Iron</b>          | 1.16 mg |
| <b>Protein</b>      | 3.13 g  | <b>Cholesterol</b>   | 0 mg   | <b>Calcium</b>       | 23 mg   |
| <b>Carbohydrate</b> | 38.76 g | <b>Vitamin A</b>     | 188 IU | <b>Sodium</b>        | 148 mg  |
| <b>Total Fat</b>    | 4.44 g  | <b>Vitamin C</b>     | 0.8 mg | <b>Dietary Fiber</b> | 1.9 g   |