

# Banana Muffins

Grains/Breads

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A-04

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
*Fresh bananas, peeled	8 oz		1 lb		1. Using the paddle attachment, mash bananas for 2 minutes on low speed, until no large chunks remain. Remove the bananas from bowl and set aside.
Enriched all-purpose flour	15 oz	3 ½ cups	1 lb 14 oz	1 qt 3 cups	
Instant nonfat dry milk		⅓ cup		⅔ cup	2. Combine flour, dry milk, baking powder, sugar, and salt in the mixing bowl. Mix for 1 minute on low speed. Add bananas to dry ingredients. Mix for 30 seconds on low speed.
Baking powder		2 Tbsp		¼ cup	
Sugar	8 oz	1 cup	1 lb	2 cups	3. In a separate bowl, whisk egg whites, water, and vanilla until frothy. Slowly add to the banana mixture. Mix on low speed for 15-20 seconds, until all of the dry ingredients are moistened.
Salt		1 tsp		2 tsp	
Frozen egg whites, thawed OR	4 oz	½ cup OR	8 oz	1 cup OR	
Fresh large egg whites		3 each		6 each	
Water		1 ¼ cups 2 Tbsp		2 ¾ cups	
Vanilla		2 tsp		1 Tbsp 1 tsp	
Vegetable oil		¼ cup 2 Tbsp		¾ cup	4. Slowly add oil and mix for about 30 seconds on low speed. Do not over mix. The batter will be lumpy.
					5. Using a No. 20 scoop (3 ⅓ Tbsp), portion batter into muffin pans which have been lightly coated with pan release spray or paper lined.
					6. Bake until lightly browned: Conventional oven: 425° F for 10-12 minutes Convection oven: 350° F for 10-12 minutes
					7. Portion is 1 muffin.
					8. No CCP necessary.

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\* See Marketing Guide

## Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Bananas	13 oz	1 lb 10 oz

SERVING:	YIELD:	VOLUME:
1 muffin provides the equivalent of 1 slice bread.	<b>25 Servings:</b> 2 lb 13 oz	<b>25 Servings:</b> 25 muffins 1 quart 1 ¼ cups (batter)
	<b>50 Servings:</b> 5 lb 10 oz	<b>50 Servings:</b> 50 muffins 2 quarts 2 ½ cups (batter)
Edited 2014		

## Nutrients Per Serving

<b>Calories</b>	141	<b>Saturated Fat</b>	0.50 g	<b>Iron</b>	0.95 mg
<b>Protein</b>	2.65 g	<b>Cholesterol</b>	0 mg	<b>Calcium</b>	96 mg
<b>Carbohydrate</b>	25.00 g	<b>Vitamin A</b>	29 IU	<b>Sodium</b>	194 mg
<b>Total Fat</b>	3.49 g	<b>Vitamin C</b>	0.9 mg	<b>Dietary Fiber</b>	0.7 g