

Whole Wheat Muffin Squares

Grains/Breads

Grains/Breads

A-11A

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched all-purpose flour	10 ½ oz	2 ½ cups	1 lb 5 oz	1 qt 1 cup	<ol style="list-style-type: none"> 1. Combine flours, dry milk, baking powder, sugar, and salt in a mixing bowl. Mix for 5 minutes on low speed. Add raisins (optional). 2. In a separate bowl, combine eggs and water. Slowly add to dry ingredients while mixing on low speed. Mix only until dry ingredients are moistened, 15-20 seconds. 3. Scrape down sides of bowl. Slowly add oil while mixing for 40 seconds on low speed. DO NOT OVERMIX. Batter will be lumpy. 4. Into each pan (9" x 13" x 2") which has been lightly coated with pan release spray, pour 2 lb 3 ½ oz (1 qt 1 cup) batter. For 25 servings, use 1 pan. For 50 servings, use 2 pans. 5. Bake until lightly browned: Conventional oven: 425° F for 25 minutes Convection oven: 350° F for 15 minutes 6. Cut each pan 5 x 5 (25 pieces). Portion is 1 piece. 7. No CCP necessary.
Whole wheat flour	3 ½ oz	¾ cup 1 Tbsp	7 oz	1 ½ cups 2 Tbsp	
Instant nonfat dry milk		¼ cup 2 Tbsp		¾ cup	
Baking powder		2 Tbsp		¼ cup	
Sugar	3 ½ oz	½ cup	7 oz	1 cup	
Salt		1 tsp		2 tsp	
† Raisins, plumped (optional)	4 oz	½ cup 2 Tbsp	8 oz	1 ¼ cups	
Frozen whole eggs, thawed	2 oz	¼ cup	4 oz	½ cup	
OR		OR		OR	
Fresh large eggs		2 each		3 each	
Water		1 ¼ cups 2 Tbsp		2 ¾ cups	
Vegetable oil		¼ cup 2 Tbsp		¾ cup	

Whole Wheat Muffin Squares

Grains/Breads

Grains/Breads

A-11A

SERVING:	YIELD:	VOLUME:
1 piece provides the equivalent of 1 slice of bread.	25 Servings: 2 lb 3 ½ oz (batter)	25 Servings: 1 quart 1 cup (batter) 1 pan
	50 Servings: 4 lb 7 oz (batter)	50 Servings: 2 quarts 2 cups (batter) 2 pans
Tested 2004		

†To plump raisins, cover fruit with boiling water. Soak 2-5 minutes. DO NOT OVERSOAK. Drain well before using.

For muffin pans:
1 qt 1 cup batter will make 25 muffins. Portion batter with No. 20 scoop (3 ½ Tbsp), into muffin pans which have been lightly coated with pan release spray or paper lined. Fill no more than two-thirds full.

Bake:
Conventional oven: 400° F for 18-20 minutes
Convection oven: 350° F for 12-15 minutes

Nutrients Per Serving					
Calories	109	Saturated Fat	0.56 g	Iron	0.87 mg
Protein	2.42 g	Cholesterol	10 mg	Calcium	98 mg
Carbohydrate	16.76 g	Vitamin A	39 IU	Sodium	96 mg
Total Fat	3.70 g	Vitamin C	0.1 mg	Dietary Fiber	0.8 g