

Oatmeal Muffin Squares

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 OR Fresh large egg whites	5 oz	½ cup 1 Tbsp OR 4 each	10 oz	1 cup 2 Tbsp OR 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. 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: In a separate bowl, combine oats, flour, brown sugar, and margarine or butter. Mix until crumbs are pea-sized.

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Grains/Breads

Grains/Breads

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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	
				<p>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. Sprinkle 4 oz (¾ cup 2 Tbsp) of topping over each pan.</p> <p>9. 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</p> <p>10. Cut each pan 5 x 5 (25 pieces). Portion is 1 piece.</p> <p>11. No CCP necessary.</p>

SERVING:	YIELD:	VOLUME:
1 piece provides the equivalent of 1 slice of bread.	<p>25 Servings: 3 lb 14 ½ oz (uncooked)</p> <p>50 Servings: 7 lb 13 oz (uncooked)</p> <p>Edited 2014</p>	<p>25 Servings: 1 quart 2 ¼ cups (batter) 1 pan</p> <p>50 Servings: 3 quarts ½ cup (batter) 2 pans</p>

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. 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

Calories	188	Saturated Fat	0.86 g	Iron	1.11 mg
Protein	3.00 g	Cholesterol	0 mg	Calcium	20 mg
Carbohydrate	35.03 g	Vitamin A	163 IU	Sodium	148 mg
Total Fat	4.24 g	Vitamin C	0.1 mg	Dietary Fiber	1.0 g