

Banana Muffins

Grains/Breads

Grains/Breads

A-04

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
*Bananas, peeled	8 oz		1 lb		1. In a mixing bowl, use the paddle attachment on low speed to mash bananas for 2 minutes, until no large chunks remain. Remove the bananas from bowl and set aside.
All-purpose flour	15 oz	3 cups	1 lb 14 oz	1 qt 2 cups	
Nonfat dry milk		1/3 cup		2/3 cup	2. Add flour, dry milk, baking powder, sugar, and salt to the mixing bowl. Mix on low speed for 1 minute. Add bananas to dry ingredients and mix on low speed for 30 seconds.
Baking powder		2 Tbsp		1/4 cup	
Sugar	8 oz	1 cup	1 lb	2 cups	3. In a bowl, whisk egg whites, water, and vanilla until frothy. Slowly add to the banana mixture. Mix on low speed for 15 to 20 seconds, until all of the dry ingredients are moistened.
Salt		1 tsp		2 tsp	
Fresh large egg whites OR		3 each		6 each	4. Slowly add oil and mix on low speed for about 30 seconds. Do not overmix. The batter will be lumpy when finished.
Frozen egg whites, thawed	4 oz	1/2 cup	8 oz	1 cup	
Water		1 1/4 cups		2 3/4 cups	5. Using a No. 20 scoop, portion batter into lightly greased or paper-lined muffin tins.
Vanilla		2 tsp		1 Tbsp 1tsp	
Vegetable oil		1/4 cup		3/4 cup	6. To Bake: Conventional Oven: 425 degrees F, 10 to 12 minutes Convection Oven: 350 degrees F, 10 to 12 minutes Bake until lightly browned.
		2 Tbsp			

*See Marketing Guide

Marketing Guide

Food as Purchased	For 25 Svgs	For 50 Svgs
Bananas	12 oz	1 lb 8 oz

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SERVING:	YIELD:	VOLUME:
1 muffin provides the equivalent of 1 slice of bread	25 Servings: 2 lb 13 oz	25 Servings: 1 qt 1 1/3 cups (batter)
	50 Servings: 5 lb 10 oz	50 Servings: 2 qt 2 2/3 cups (batter)

Nutrients Per Serving			
Calories	138	Saturated Fat	.5 g
Protein	3 g	Cholesterol	0 mg
Carbohydrate	24 g	Vitamin A	9 RE/33 IU
Total Fat	3.5 g	Vitamin C	1 mg
		Iron	.9 mg
		Calcium	82 mg
		Sodium	225 mg
		Dietary Fiber	1 g