

Blueberry Muffins

Grains/Breads

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A-03

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
All-purpose flour	10 oz	2 cups	1 lb 4 oz	1 qt	1. In a mixing bowl, use the paddle attachment on low speed to combine flours, sugar, baking powder and salt. Mix for 1 minute until blended.
Whole wheat flour	7 oz	1 1/3 cups	14 oz	2 2/3 cups	
Sugar	8 oz	1 cup	1 lb	2 cups	2. Slowly add milk, eggs, and oil. Mix on medium speed for 30 seconds until smooth.
Baking powder		1 Tbsp 2 tsp		3 Tbsp 1 tsp	
Salt		1 tsp		2 tsp	
Lowfat milk		1 1/2 cups		3 cups	
Fresh large eggs OR		2 each		4 each	3. Remove bowl from mixer. Using a rubber spatula, gently fold blueberries into batter.
Frozen whole eggs, thawed	4 oz	1/2 cup	8 oz	1 cup	
Vegetable oil		2/3 cup		1 1/3 cups	
Frozen blueberries, thawed OR	6 oz	1 1/2 cups	12 oz	3 cups	4. Using a No. 24 scoop, portion batter into lightly greased or paper-lined muffin tins.
Fresh blueberries	8 oz	1 1/2 cups	1 lb	3 cups	
					5. To Bake: Conventional Oven: 425 degrees F, 12 minutes Convection Oven: 375 degrees F, 13 minutes Bake until golden brown.

SERVING:	YIELD:	VOLUME:
1 muffin provides the equivalent of 1 1/4 slices of bread	25 Servings: 2 lb 5 oz 50 Servings: 4 lb 10 oz	25 Servings: 1 qt 1 1/2 cups (batter) 50 Servings: 2 qt 3 cups (batter)

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Nutrients Per Serving

Calories	170	Saturated Fat	1.1 g	Iron	1.0 mg
Protein	3 g	Cholesterol	20 mg	Calcium	79 mg
Carbohydrate	25 g	Vitamin A	18 RE/64 IU	Sodium	204 mg
Total Fat	6.6 g	Vitamin C	0 mg	Dietary Fiber	1 g
