

Oatmeal Muffin Squares

Grains/Breads

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A-16

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Rolled oats	4 oz	1 cup 2 Tbsp	8 oz	2 1/4 cups	1. Place oats in a bowl and pour hot water over them. Let stand 20 minutes. Do not drain.
Hot water		1 3/4 cups		3 1/2 cups	
All-purpose flour	10 oz	1 3/4 cups	1 lb 4 oz	3 1/2 cups	2. Combine flour, baking soda, cinnamon, nutmeg, and salt in a bowl.
Baking soda		5/8 tsp		1 1/4 tsp	
Ground cinnamon		5/8 tsp		1 1/4 tsp	
Ground nutmeg		5/8 tsp		1 1/4 tsp	
Salt		5/8 tsp		1 1/4 tsp	
Margarine or butter		1/4 cup 2 Tbsp	6 oz	3/4 cup	
Brown sugar	9 oz	1 cup 2 Tbsp	1 lb 2 oz	2 1/4 cups	
Sugar	9 oz	1 cup 2 Tbsp	1 lb 2 oz	2 1/4 cups	
Vanilla		1 1/4 tsp		2 1/2 tsp	4. Add the oat mixture and blend. Add the flour mixture and blend for 1 minute. Scrape down the sides of the bowl.
Fresh large egg whites OR		4 each		7 each	
Frozen egg whites, thawed	5 oz	1/2 cup 1 Tbsp	9 oz	1 cup 2 Tbsp	
Lowfat plain yogurt		2 Tbsp		1/4 cup	5. Combine topping ingredients and mix until crumbs are pea-sized.
Canned applesauce		2 Tbsp		1/4 cup	
Topping: Rolled oats		1/2 cup		1 cup	
All-purpose flour		2 Tbsp		1/4 cup	
Brown sugar		2 Tbsp		1/4 cup	6. For 25 servings, pour 1 qt 2 cups (3 lb 12 oz) of batter into a lightly greased half-steamtable pan (12" x 10" x 2 1/2") and spread evenly. Sprinkle 3/4 cup 2 Tbsp of topping over pan. For 50 servings, pour 3 qt (7 lb 7 oz) of batter into a lightly greased steamtable pan (12" x 20" x 2 1/2") and spread evenly. Sprinkle 1 3/4 cups of topping over pan.
Margarine or butter		2 Tbsp		1/4 cup	

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	<p>7. To Bake: Conventional Oven: 325 degrees F, 45 minutes Convection Oven: 325 degrees F, 35 minutes Bake until golden brown and muffin pulls away from sides of pan.</p>
	<p>8. Cut each half-steamtable pan 5 x 5 (25 portions). Cut each steamtable pan 5 x 10 (50 portions).</p>
	<p>If making individual muffins: 1 qt 2 cups of batter will make 26 muffins. Portion batter into oiled muffin pans with No. 20 scoop (3 1/3 Tbsp). Fill no more than two-thirds full. Sprinkle 1/2 Tbsp topping over each muffin. To Bake: Conventional Oven: 400 degrees F, 18 to 20 minutes Convection Oven: 350 degrees F, 12 to 15 minutes Bake until golden brown. To cool, immediately remove muffins from pans and place on cooling racks.</p>

SERVING:	YIELD:	VOLUME:
1 square provides the equivalent of 1 slice of bread	25 Servings: 3 lb 8 oz	25 Servings: 1 qt 2 cups
	50 Servings: 7 lb 1 oz	50 Servings: 3 qt 1/2 cup

Nutrients Per Serving			
Calories	185	Saturated Fat	.9 g
Protein	3 g	Cholesterol	0 mg
Carbohydrate	34 g	Vitamin A	46 RE/157 IU
Total Fat	4.2 g	Vitamin C	0 mg
		Iron	1.0 mg
		Calcium	20 mg
		Sodium	147 mg
		Dietary Fiber	1 g