



MUFFIN TIN RECIPES

for the CACFP: Ages 3-5

Using large muffin tins while preparing meals helps ensure that every child is receiving the correct serving size for each meal component. These recipes are per child served. Baking without a paper liner or silicone cup? Brush tin with vegetable oil before adding ingredients.

BREAKFAST

Potato and Egg Cup

- ½ cup grated potato
- 1 egg
- melted butter
- salt and pepper

Preheat oven to 400°. Press potatoes tightly into the tin around the edges and the bottom to resemble a nest. Brush lightly with butter. Bake for 15 to 20 minutes. Allow the nests to cool and then crack the egg into each nest. Add salt and pepper to taste. Bake for about 15 more minutes until egg whites are set. Serve while warm and have the children sprinkle their favorite cheese on top.



French Toast Berry Cup

- 1 slice WGR bread, crust removed
- 1 egg
- 2 tbsp milk
- 1 tbsp cinnamon
- ½ cup berries
- 1 tsp maple syrup

Preheat oven to 375°. In a large bowl, whisk eggs, milk, and cinnamon. Dunk bread into egg mixture making sure both sides are covered. Press into muffin tin. Bake for 10-12 minutes. Pour berries into the center and drizzle with the maple syrup.



Omelet Cup

- 1 egg
- 1 slice ham
- ½ cup diced onion, green pepper, and tomato mixture
- 1 tbsp parmesan cheese
- 1 tbsp cheddar cheese

Preheat oven to 425°. Line each muffin tin with ham. Whisk egg, cheeses and vegetable mix together. Pour into the cup and sprinkle with salt and pepper. Bake for 15 minutes.



LUNCH/SUPPER

Taco Pie

- 3" pie crust or tortilla circle (14 grams)
- ¾ ounce refried beans
- ¾ ounce cooked ground beef (prepared with taco seasoning)
- shredded cheese
- ¼ cup shredded lettuce, diced tomatoes, & onion, and chopped avocado mixture

Preheat oven to 350°. Press pastry until it fits neatly into the cup. Spoon the beef and refried beans into the cups. Sprinkle with cheese. Bake until cheese melts and edges of crust is brown. Top with lettuce mix.



Spaghetti Meatball Nest

- ¼ cup cooked spaghetti noodles
- 1 tbsp parmesan cheese
- 1 tsp olive oil
- (3) ½ ounce prepared meatballs (1.5 ounces total)
- pasta sauce

Preheat oven to 375°. Toss noodles with parmesan cheese and olive oil. Arrange them in the shape of a nest into each muffin tin. In the center arrange the three meatballs and drizzle with pasta sauce. Bake for 20 to 25 minutes.



Stuffed Biscuit Cup

- ¾ ounce sliced ham or turkey
- ¾ ounce shredded cheddar cheese
- 1 canned biscuit weighing at least 14 grams or .5 ounce

Preheat the oven to 400°. Roll the biscuit out flat and add meat and cheese to center. Pinch edges together to seal tight. Place the stuffed biscuit in muffin tin. Bake for 10-12 minutes or until golden brown.



SNACKS

Greek Freeze

- 2 ounces greek yogurt
- ½ cup fruit

Add the two ingredients together with a dash of vanilla into a blender. Blend until smooth. Spoon into silicone muffin cups and place in freezer for 5 hours or medium freeze.



Carrot Fruit Cup

- ½ cup shredded carrots
- 1 cup 100% fruit juice
- (1) ½ ounce envelope of gelatin

Put carrots into a silicone muffin cup. Bring ¾ cup of juice to boil in microwave. In the remaining ¼ cup juice sprinkle the gelatin. Once dissolved stir all the juice together. Pour liquid mixture over the carrots. Refrigerate overnight.



Veggie Bundle

- ½ cup mixed vegetables sliced into sticks (carrots, cucumbers, celery, asparagus)
- 2 tbsps hummus

Spoon hummus inside each silicone muffin cup or paper liner. Place vegetable sticks upright into the hummus to encourage dipping.



Found another muffin tin recipe you want to save? *Write it down.*

Recipe

Ingredients

Directions



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Pro Tips:

- Using muffin tin paper liners makes serving and clean up easier. During the holidays look for fun, themed paper liners. Serving in a fun liner will encourage the children to try the recipe.
- Be careful when preparing meals in muffin tins, required amounts are different for snack verses lunch or supper. Check meal pattern for correct requirements for meal component if using any above recipes for a different mealtime.
- Muffin tin recipes are an easy way to get children involved with meal preparation.
- Silicone muffin cups are reusable which saves money and children love them.

