Department of Education

Recipe: 000159 MUFFINS, BLUEBERRY OATMEAL
Recipe Source: SOUTH HAMILTON
Recipe Group: BREAKFAST

Recipe HACCP Process: #1 No Cook

Alternate Recipe Name:
Number of Portions: 12
Size of Portion: EACH

020081 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEACHED... 020080 WHEAT FLOUR,WHOLE-GRAIN..... 020038 OATS..... 990026 SUGAR,GRANULATED..... 107922 BAKING POWDER..... 002047 SALT,TABLE..... 002010 CINNAMON,GROUND..... 110496 GINGER, GROUND..... 002025 NUTMEG,GROUND.....	1 CUP 3/4 CUP 1/4 CUP 1/2 CUP 1 TBSP 1/2 TSP 1 TSP 1/2 TSP 1/4 TSP	Mix flours, oats, sugar, baking powder, salt and spices in large bowl.
001082 MILK,LOWFAT,FLUID,1% MILKFAT,W/ VIT A..... 002050 VANILLA EXTRACT..... 001124 EGG,WHITE,RAW,FRSH..... 004623 OIL,VEG,TYPE A-COMMOD..... 000503 APPLESAUCE,CANNED,COMMODITY.....	1 CUP 1 TSP 1 large 3 TBSP 3 TBSP	Mix milk, vanilla, egg, oil, and applesauce in separate bowl . Stir into dry ingredients just until blended.
020080 WHEAT FLOUR,WHOLE-GRAIN..... 009054 BLUEBERRIES,FRZ,UNSWTND.....	1/2 TBSP 1 CUP, unthawed	Toss blueberries with flour. Gently fold into batter. NOTE: If making a large batch, divide batter into smaller portions and then fold in blueberries. This is best done by hand rather than mixer. Using a #16 dipper (1/4 cup), portion into paper-lined muffin tins.
002010 CINNAMON,GROUND..... 990026 SUGAR,GRANULATED..... 019334 SUGARS,BROWN..... 020038 OATS.....	1 TSP 2 TBSP 1 TBSP, packed 2 TBSP	Mix cinnamon, sugars, and oats together and sprinkle over top of muffins. Bake at 350°F for 10-15 minutes or until muffin tests done. Cool 5 minutes. Remove from pan.

Calories	180		Iron	1.10	mg	Protein	4.03	g	8.97% Calories from Prot
Cholesterol	1	mg	Calcium	37.30	mg	Carbohydrates	32.08	g	71.43% Calories from Carb
Sodium	302	mg	Vitamin A	47.7	IU	Total Fat	4.30	g	21.53% Calories from T Fat
Dietary Fiber	2.37	g	Vitamin A	13.3	RE	Saturated Fat	0.70	g	3.50% Calories from S Fat
			Vitamin C	0.34	mg	Trans. Fat	0.00*	g	% Calories from Trans. Fat

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Miscellaneous			**Attributes**	**Allergens Present**	**Allergens Absent**	**Allergens Unidentified**
Meat/Alt.....	oz.		School recipe	Y - Milk	N - Peanut	
Grain/Bread.....	1.25 srv.		Whole Grain	Y - Egg	N - Tree Nut	
F/V/J.....	cup		Commodity	Y - Wheat	N - Fish	
Milk.....	fl. oz.				N - Shellfish	
					N - Soy	
Moisture & Fat Change						
Moisture Change	0%					
Fat Change.....	0%					
Type of Fat.....						

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	020081	WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEA			
I	020080	WHEAT FLOUR,WHOLE-GRAIN			
I	020038	OATS			
I	990026	SUGAR,GRANULATED			
I	107922	BAKING POWDER			
I	002047	SALT,TABLE			
I	002010	CINNAMON,GROUND			
I	110496	GINGER, GROUND			
I	002025	NUTMEG,GROUND			
I	001082	MILK,LOWFAT,FLUID,1% MILKFAT,W/ VIT A			
I	002050	VANILLA EXTRACT			
I	001124	EGG,WHITE,RAW,FRSH			
I	004623	OIL,VEG,TYPE A-COMMOD			
I	000503	APPLESAUCE,CANNED,COMMODITY			
I	020080	WHEAT FLOUR,WHOLE-GRAIN			
I	009054	BLUEBERRIES,FRZ,UNSWTND			
I	002010	CINNAMON,GROUND			
I	990026	SUGAR,GRANULATED			
I	019334	SUGARS,BROWN			
I	020038	OATS			