

SWEET POTATO MUFFINS



WHOLE GRAINS

MEAL COMPONENT CONTRIBUTION:

1 ¼ oz. eq. whole grains

NUMBER OF PORTIONS: 16 **SIZE OF PORTION:** 1 muffin**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 16 SERVINGS)
Flour, Whole Grain Rich, Blend #2013	9 ounce(s)
Cereal, Oatmeal, Quick, WGR, #2123	2 3/4 ounce(s)
Sugar, Brown, #2024	1/2 cup(s) , unpacked
Baking Soda, #2001	2 teaspoon(s)
Baking Powder, Double Acting, #2000	1 teaspoon(s)
Cinnamon, Ground, #2704	2 teaspoon(s)
Potatoes, Sweet, Cut Pieces, #10 can, #2821	1 cup(s) , cooked and mashed
Eggs, Whole, Fresh, #1318	2 egg(s)
Lemon Juice, Canned/Bottled, #2247	1 tablespoon(s)
Milk, Dry, Nonfat Powder, #2019	1 cup(s)
Applesauce, Canned, Without Sugar, #2400	2 1/8 ounce(s)
Flavoring, Vanilla, Imitation, #2010	1 teaspoon(s)
Raisins, Seedless, Dark, #2416	1/2 cup(s)
Pan Release Spray, Vegetable Oil, #2514	5 gram(s)

DIRECTIONS

- Blend flour, oatmeal, brown sugar, baking soda, baking powder, and ground cinnamon in bowl on low speed.
- Combine sweet potatoes, eggs, lemon juice, milk, applesauce, and vanilla in separate bowl.
- To plump raisins, cover the fruit with very hot tap water. Soak 2 - 5 minutes. DO NOT OVERSOAK. Drain well before mixing into batter.
- Add liquid ingredients to dry ingredients slowly while mixing on low speed. Mix only until dry ingredients are moistened (batter will be lumpy). Fold in raisins.
- Lightly coat muffin pans with pan release spray or line with paper muffin cups. Portion batter into muffin pans, using a #16 scoop. Bake until lightly browned:
Conventional oven: 350 degrees F for 15 - 20 minutes. Convection oven: 300 degrees F for 10 - 15 minutes.
- Remove from pan as soon as possible and allow to cool.
Portion 1 muffin per serving. Each portion provides 1 ¼ oz. eq. whole grains .

PRODUCTION NOTES

USDA Foods products when available.

Refer to USDA FNS Food Buying Guide for School Meal Programs for quantities to purchase if recipe is altered.

If changes are made in ingredients, check crediting information and re-calculate the nutrition analysis.

"Culinary Techniques for Healthy School Meals" provides seasoning and serving ideas for breads.

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NUTRIENTS PER SERVING

Calories	163	Dietary Fiber	2.26 g	Sodium	248.36 mg	Sat. Fat	0.32 g
Carbohydrates	31.16 g	Protein	6.47 g	Total Fat	1.09 g	Trans Fat	0.00 g