

BANANA MUFFIN



WHOLE GRAINS

MEAL COMPONENT CONTRIBUTION:

1 oz. eq. whole grain

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 muffin

RECIPE HACCP PROCESS: #1 - No cook

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Muffin, Banana WGR, #1211	100 muffins

DIRECTIONS

1. Thaw muffins according to directions on package and/or case.
2. Place on line for service.
3. Portion 1 muffin per serving. Each portion provides 1 oz. eq. whole grain.

NUTRIENTS PER SERVING

Calories	16	Dietary Fiber	2.00 g	Sodium	120.00 mg	Sat. Fat	1.50 g
Carbohydrates	26.00 g	Protein	3.00 g	Total Fat	5.00 g	Trans Fat	0.00 g