

WGR Carrot Muffins (Without Quinoa)

Recipe Component

Recipe Category

Recipe #KSU Developed

Ingredients	48 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Rolled oats		1 ⅓ cup			<p>1. Place oats in a bowl, and pour hot water over oats. Let stand 20 minutes. Set aside for step 4.</p> <p>2. Preheat convection oven to 375°F or conventional oven to 400°F. Line muffin tins with muffin tin liners. Coat the muffin tin liners with cooking spray.</p> <p>3. Stir together whole-wheat flour, all-purpose flour, baking powder, cinnamon, and salt in large bowl. Mix well.</p> <p>4. Whisk eggs in another large bowl. Add oil, oats, brown sugar, milk, and orange zest; stir until smooth. Fold the dry ingredients into the wet ingredients and stir to just combine (be careful not to overmix the batter.)</p> <p>5. Stir carrots into the batter until they are just incorporated.</p> <p>6. Fill the prepared muffin tins with the batter. Bake until a knife comes out clean when inserted in the center, 20 to 25 minutes.</p>
Hot water		1 ⅓ cup			
Whole-wheat flour	1 lb	3 cups			
Enriched all-purpose flour	1 lb	3 cups			
Baking powder		4 Tbsp			
Ground cinnamon		3 Tbsp			
Salt		2 tsp			
Fresh pasteurized eggs		8 large			
Vegetable oil		2 cups			
Brown sugar		2 cups (packed)			
Low-fat milk		1 ⅓ cups			
Zest of orange		From 2 oranges			
Grated carrots		1 qt + 1 ½ cups			

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Notes:
Nutrient information from Food Processor.

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servings

Serving: 1 muffin provides 1 oz equiv WGR grain and 1/8 cup red/ orange vegetable 1-2 years: 1/2 serving 3-5 years: 1/2 serving 6-18 years: 1 serving	Yield:	Volume:
	50 Servings:	50 Servings:
	100 Servings:	100 Servings:

Nutrients Per Serving					
Calories	208.99	Saturated Fat	1.07 g	Iron	1.12 mg
Protein	3.83 g	Cholesterol	31.59 mg	Calcium	219.04 mg
Carbohydrate	26.00 g	Vitamin A	119.27 RAE mcg	Sodium	242.05 mg
Total Fat	10.50 g	Vitamin C	0.99 mg	Dietary Fiber (2016)	1.90 g