

# WGR Apple Muffins Squares

Component: Grain

Recipe Category: Grain

Recipe # KSU Developed

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Oats, rolled		1 ½ cups			<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 oven to:            375° F for muffins conventional oven            350° F for squares conventional oven            350° F for muffins convection oven            325° F for squares convection oven</p> <p>3. Stir together whole-wheat flour, all-purpose flour, baking powder, cinnamon, and salt in a large bowl. Mix well.</p> <p>4. Whisk eggs in another large bowl. Add oil and sugar. Whisk until smooth. Add milk, applesauce, and oatmeal mixture and stir just to combine.</p> <p>5. Fold the dry ingredients into the wet ingredients and stir to just combine (be careful not to overmix the batter.)</p> <p>6. Portion batter into prepared muffin trays or pour batter into pan(s) lightly coated with release spray. For 25 servings, use 1 (9" x 13" x 2"). For 50 servings, use 2 pans (9" x 13" x 2").</p> <p>7. Bake until a knife comes out clean when inserted in the center.            About 22 to 27 minutes for the muffins            About 40-45 minutes for pans in conventional oven            About 35 minutes for pans in convection oven</p>
Water, hot		1 ½ cups			
Whole-wheat flour		3 cups			
Enriched all-purpose flour		3 ½ cups			
Baking powder		4 Tbsp			
Ground cinnamon		2 Tbsp			
Salt		1 tsp			
Eggs		8 large			
Vegetable or canola oil		1 1/2 cups			
Brown sugar		2 cups (packed)			
Low-fat milk		1 ½ cups			
Applesauce, unsweetened		1 1/3 cups			

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**Notes:**  
Nutrient information calculated using Food Processor

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

<b>Serving: 1 muffin provides 1 oz equiv WGR grain and</b> 1-2 years: 1/2 piece or 1/2 muffin 3-5 years: 1/2 piece or 1/2 muffin 6-18 years: 1 piece or 1 muffin	<b>Yield:</b>	<b>Volume:</b>
	<b>50 Servings:</b>	<b>50 Servings:</b>
	<b>100 Servings:</b>	<b>100 Servings:</b>

Nutrients Per Serving			
<b>Calories</b>	179	<b>Saturated Fat</b>	0.87 g
<b>Protein</b>	3.44 g	<b>Cholesterol</b>	30.13 g
<b>Carbohydrate</b>	24.19 g	<b>Vitamin A</b>	15.10 RAE
<b>Total Fat</b>	8.01 g	<b>Vitamin C</b>	0.08 mg
		<b>Iron</b>	1.02 mg
		<b>Calcium</b>	52.03
		<b>Sodium</b>	196.33 mg
		<b>Dietary Fiber</b>	1.48 g (2016 = 1.25g)