

Whole Grain Pumpkin Muffin

Makes: 720 servings

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Ingredients	Weight	Measure
Granulated sugar	21 lb + 12 oz	
regular margarine	6 lb	
Table salt		1/3 cup
Canned pumpkin		3 #10 can
whole egg	9 lb	
Low-fat milk		4 qt
white wheat all-purpose flour	6 lb + 12 oz	
Whole-grain wheat flour	12 lb	
baking powder		1/2 cup + 2 Tbsp
Baking soda		1/3 cup + 2 tsp
Ground cinnamon		1/2 cup
Ground nutmeg		1/2 cup

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	137	
Total Fat	3.92 g	
Protein	2.58 g	
Carbohydrates	23.95 g	
Dietary Fiber	1.45 g	
Saturated Fat	0.81 g	
Sodium	152 mg	

Directions

1. In a mixing bowl using a paddle attachment, cream the

sugar, margarine, and salt for 10 minutes at medium speed.

2. Add pumpkin and mix for 2 minutes. Scrape down sides of the bowl.
3. Slowly add eggs. Scrape down sides of bowl.
4. Slowly add milk. Scrape down sides of the bowl.
5. In a separate bowl, mix flour, baking powder, baking soda, cinnamon, and nutmeg. Add to above mixture. Mix at low speed for 1 minute.
6. Dip 3 qts, 3 1/4 cups into each greased and floured 18"x26"x1" sheet pan.
7. Bake in convection oven at 350°F for 30-35 minutes or until center tests done. Cut each pan 8 x 10 to make 80 muffin squares.
8. Dust with powdered sugar.