

Basic Whole Wheat Muffins

Makes: 16 servings

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Ingredients	Weight	Measure
Brown sugar	5 oz	
Salad Oil	3 oz	
Eggs - large		1 each
Milk - 2%	3 oz	1/3 cup
Apple sauce	8 oz.	1 cup
Vanilla extract	0.25 oz	1/2 Tbsp
Whole wheat flour	4 1/2 oz	
All-purpose flour	3 1/2 oz	
Baking soda		3/4 tsp
baking powder		1 tsp
Salt		3/4 tsp

Directions

1. Combine ingredients in step one in a hand mixing bowl with a whisk. Mix until smooth.
2. Sift dry ingredients in a hand mixing bowl. Using a hand whisk make a well, add in apple sauce mixture and mix well.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	137	
Total Fat	5.64 g	
Protein	2.22 g	
Carbohydrates	21.22 g	
Dietary Fiber	1.02 g	
Saturated Fat	0.83 g	
Sodium	177.77 mg	

Meal Components

Grains	39/50 unknown
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3. Fill muffin cups 3/4 full. Top with desired fresh or frozen fruit.

4. Bake at 350 degrees F for 20-22 minutes. Check center with a tooth pick, it should come out clean.

Notes

Additional Tips

Equipment Needed: Two hand mixing bowls and whisk, Rubber Spatula, #12 portion scoop, Muffin pan and paper liners