

# Oatmeal Muffin Squares - USDA Recipe B200

Meal Components: Fruits, Grains

B20

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Whole-wheat flour	15 1/2 oz	3 1/2 cups	1 lb 15 oz	1 qt 3 cups	<ol style="list-style-type: none"> <li>1. Set aside 1 oz of flour for step 6.</li> <li>2. Place flour, oats, baking powder, baking soda, cinnamon, nutmeg, and salt in a commercial mixer (batch as needed). Using a paddle attachment, mix on low speed for 1 minute. Leave dry ingredients in mixer. Set aside for step 5.</li> </ol>
Enriched bread flour	15 oz	3 1/3 cups	1 lb 14 oz	1 qt 2 2/3 cups	
Oatmeal	14 1/2 oz	1 qt 1 1/2 cups	1 lb 13 oz	2 qt 3 cups	
baking powder		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Baking soda		1 Tbsp		2 Tbsp	
Ground cinnamon		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Nutmeg		1 tsp		2 tsp	
Salt		1 tsp		2 tsp	
Frozen whole eggs, thawed	10 oz	1 1/4 cups	1 lb 4 oz	2 1/2 cups	<ol style="list-style-type: none"> <li>3. Combine egg and sugar in a large bowl. Stir</li> </ol>

Sugar	8 oz	1 cup	1 lb	2 cups	
*Fresh bananas, mashed	2 lb 10 oz	1 qt 2/3 cups	5 lb 4 oz	2 qt 1 1/3 cups	<b>4.</b> Add mashed bananas, yogurt, and vanilla extract. Stir well.
Yogurt, low-fat	1 lb 8 oz	3 cups	3 lb	1 qt 2 cups	
Vanilla extract		2 Tbsp		1/4 cup	<b>5.</b> Combine egg mixture with dry ingredients. Mix for 30 seconds on low speed. Beat for 1 minute on medium speed. DO NOT OVERMIX.
Blueberries, frozen, drained	14 oz	2 2/3 cups	1 lb 12 oz	1 qt 1 1/3 cups	<b>6.</b> Coat blueberries with remaining flour. Fold in blueberries and raisins. Stir well.
Golden Raisins	10 oz	1 1/3 cups	1 lb 4 oz	2 2/3 cups	<b>7.</b> Pour 2 qt (about 4 lb 5 oz) batter into a half steam table pan (12" x 10" x 2 1/2") lightly coated with pan release spray. <b>8.</b> Bake until golden brown: <b>9.</b> Portion: Cut each pan 5 x 5 (25 pieces per pan).

Notes

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service

**Serving**

NSLP/SBP Crediting Information: 1 piece provides 1/8 cup fruit and 1 oz equivalent grains.

CACFP Crediting Information: 1 piece provides 1/8 cup fruit and 1 serving grains/bread.

Marketing Guide		
Food as Purchased for	50 Servings	50 Servings
Bananas	5 lb	10 lb

Serving	Yield	Volume
See Notes	<b>50 Servings:</b> about 8 lb	<b>50 Servings:</b> about 1 gallon / 2 steam table pans (12" x 10" x 2 1/2")
	<b>100 Servings:</b> about 16 lb	<b>100 Servings:</b> about 2 gallons / 4 steam table pans (12" x 10" x 2 1/2")

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**Nutrients Per Serving**

Calories	171	Saturated Fat		Iron	1 mg
Protein	5 g	Cholesterol	22 mg	Calcium	49 mg
Carbohydrate	34 g	Vitamin A	51 IU	Sodium	187 mg
Total Fat	2 g	Vitamin C	2 mg	Dietary Fiber	3 g