



Muffin Memos

- ▶ CACFP Serving Size: ½ muffin + grains serving for 1-5 year olds; 1 muffin = serving for 6-12 year olds.
- ▶ When purchasing a ready-made baked muffin, if the first ingredient is sugar, it is more of a cupcake than a muffin.
- ▶ To determine if a packaged muffin mix is whole grain-rich, the first ingredient in the ingredient list needs to be a whole grain. The second and third GRAIN ingredient (if any) must be an enriched flour, whole grain, bran or wheat germ.
- ▶ To determine if your own favorite muffin recipe is whole grain-rich or to convert it to being whole grain-rich, a whole grain(s) will need to be the pre-dominant grain ingredient by weight.
Use the following weights to determine if 50% or more of the grains/flours are whole grain.
 - 1 cup all-purpose flour =125 grams
 - 1 cup whole wheat flour = 125 grams
 - 1 cup oatmeal = 80 grams
 - 1 cup wheat germ = 115 grams
 - 1 cup wheat bran = 58 grams
 Cereal weight can be determined from nutrient label.

Whole Grain-Rich Muffins

Muffins may be credited, for ages 1-12 years, as a grains serving at any meal or snack reimbursed by the Child and Adult Care Food Program. Note: Muffins and quick breads are not reimbursable for infants.

Applesauce Oatmeal Muffins

1 cup oatmeal	1/3 cup sugar (white or brown)
1 cup applesauce	3/4 cup whole wheat flour
1/2 cup milk	1 tsp. baking powder
1 large egg, beaten	1/2 tsp. baking soda
1 tsp. vanilla	1 tsp. cinnamon
1/4 cup butter, melted	1/4 tsp. salt

Preheat oven to 375° F. Place liners in 12 muffin cups or spray tins with non-stick cooking oil. Set aside.

In a medium bowl, stir together the oatmeal, applesauce, beaten egg, vanilla, melted butter, and sugar. In a large bowl, whisk together the flour, baking powder, baking soda, cinnamon, and salt. Make a well in the center of the dry ingredients and pour in the applesauce mixture. Stir just until moistened (don't over mix).

Spoon the batter evenly into the muffin cups. Bake for 15-20 minutes or until a toothpick inserted in the center comes out clean.

Yield: 12 muffins. May be recorded as whole grain-rich (WGR).

Wholelotta Muffins

1 cup quick oats (not instant)	4 eggs
1 cup Shredded Wheat cereal	2 cups whole wheat flour
1 cup Wheaties or All-Bran	3 cups all-purpose flour
1 cup warm water	5 tsp. baking soda
1 cup butter or margarine	3 tsp. salt
2 cups sugar	1 quart buttermilk

Slightly crush the Shredded Wheat and Wheaties before measuring. Stir cereals together in a medium bowl. Pour the warm water over the cereals. Set aside.

In a very large mixing bowl cream together the room temperature butter and sugar until light and fluffy (4-5 minutes). Beat in the eggs. Then break apart the cereal mixture and mix into the egg mixture.

In a bowl, mix together the flours, baking soda, and salt. With mixer on low or by hand, blend 1/3 of the flour mixture into the egg/cereal mixture. Then add 1/3 of the buttermilk and blend. Repeat until all ingredients are incorporated. If you do not have a bowl large enough to hold the batter, use an empty ice cream pail, or similar size container with a cover.

Store batter into a covered container in the refrigerator. This will keep for several weeks (see expiration on the buttermilk.) When ready to make muffins, spoon the batter into desired number of muffin cups and return rest of batter to refrigerator. For variety, you may take out the amount of batter you will use at one baking time and add berries, raisins, choc. chips, etc. to the batter. Bake at 375° F for 15-20 minutes.

Yield for entire recipe: about 5 dozen muffins. May be recorded as WGR.