Idaho Child Nutrition

Recipe: 500133 OATMEAL MUFFIN SQUARES
Recipe Source: USDA B-20
Recipe Group: BREAD/ROLLS/STARCH

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
Number of Portions: 50
Size of Portion: SERVINGS

020038 OATS..... 014429 WATER,MUNICIPAL.....	8 OZ 3 1/2 CUP	1. Place oats in a stainless steel bowl and pour hot water over them. Let stand 20 minutes. Do not drain.
020081 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEACHED... 018372 LEAVENING AGENTS,BAKING SODA..... 002010 CINNAMON,GROUND..... 002025 NUTMEG,GROUND..... 002047 SALT,TABLE.....	1 LB + 3 OZ 1 1/4 TSP 1 1/4 TSP 1 1/4 TSP 1 1/4 TSP	2. Combine flour, baking soda, cinnamon, nutmeg, and salt in a bowl.
004075 MARGARINE,REG,HARD,SOYBN (HYDR)&CTTNSD..... 019334 SUGARS,BROWN..... 019335 SUGARS,GRANULATED..... 002050 VANILLA EXTRACT..... 001124 EGG,WHITE,RAW,FRSH..... 001117 YOGURT,PLN,LOFAT,12 GRAMS PROT PER 8 OZ..... 009019 APPLESAUCE,CND,UNSWTND,WO/ VIT C..... 020038 OATS.....	6 OZ 1 LB + 2 OZ 1 LB + 2 OZ 2 1/2 TSP 7 large 1/4 CUP 1/4 CUP, sauce 3 OZ	3. In a separate mixing bowl, using a paddle attachment, beat the margarine or butter and sugars for 10 minutes. Scrape down the sides of the bowl. Add the vanilla, egg whites, yogurt, and applesauce. Beat for 3 minutes. 4. Add the oat mixture and blend for 1 minute on low speed. Add the flour mixture and blend for 1 minute. Scrape down the sides of the bowl.
020081 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEACHED... 019334 SUGARS,BROWN..... 004075 MARGARINE,REG,HARD,SOYBN (HYDR)&CTTNSD.....	1/4 CUP 1/4 CUP, packed 1/4 CUP	5. For topping: Combine rolled oats, flour, brown sugar, and margarine or butter and mix until crumbs are size of small peas. 6. Lightly coat each steamtable pan (12" x 20" x 2 ½") with pan release spray. Pour 3 qt ½ cup (7 lb 7 oz) batter into each pan and spread evenly. Sprinkle 1 ¾ cups of topping over each pan. For 50 servings, use 1 pan. For 100 servings, use 2 pans. 7. Bake until golden brown and muffin pulls away from sides of pan: Conventional oven: 325° F for 45 minutes Convection oven: 325° F for 35 minutes 8. Cut each pan 5 x 10 (50 pieces per pan).

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Variations

A. *Peach Muffin Squares*
In step 6, refrigerate batter (already in pans) for 1 hour prior to adding topping. Spread 3 lb 2 oz of canned, sliced peaches (drained) over each pan. (Fruit may be pureed.) Sprinkle 1 ¾ cups of topping over fruit. Bake as directed.

B. *Blueberry Muffin Squares*
In step 6, refrigerate batter (already in pans) for 1 hour prior to adding topping. Spread 3 lb 2 oz of frozen blueberries (thawed and drained) over each pan. (Fruit may be pureed.) Sprinkle 1 ¾ cups of topping over fruit. Bake as directed.

Serving

1 piece provides 1 serving of grains/breads.

Calories	185		Iron	1.08	mg	Protein	2.87	g	6.20% Calories from Prot
Cholesterol	0	mg	Calcium	20.00	mg	Carbohydrates	34.51	g	74.61% Calories from Carb
Sodium	146	mg	Vitamin A	163	IU	Total Fat	4.23	g	20.57% Calories from T Fat
Dietary Fiber	0.99	g	Vitamin C	0.10	mg	Saturated Fat	0.86	g	4.18% Calories from S Fat
						Trans. Fat	0.00*	g	0.00% Calories from Trans. Fat

Miscellaneous			**Attributes**	**Allergens Present**	**Allergens Absent**	**Allergens Unidentified**
Meat/Alt.....	oz.					? - Milk
Grain/Bread.....	srv.					? - Egg
F/V/J.....	cup					? - Peanut
Milk.....	fl. oz.					? - Tree Nut
						? - Fish
Moisture & Fat Change						? - Shellfish
Moisture Change.	0%					? - Soy
Fat Change.....	0%					? - Wheat
Type of Fat.....						

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	050201	Oatmeal Muffin Squares			
I	020038	OATS			
I	014429	WATER,MUNICIPAL			
I	020081	WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEA			
I	018372	LEAVENING AGENTS,BAKING SODA			

I	002010	CINNAMON,GROUND			
I	002025	NUTMEG,GROUND			
I	002047	SALT,TABLE			
I	004075	MARGARINE,REG,HARD,SOYBN (HYDR)&CTT			
I	019334	SUGARS,BROWN			
I	019335	SUGARS,GRANULATED			
I	002050	VANILLA EXTRACT			
I	001124	EGG,WHITE,RAW,FRSH			
I	001117	YOGURT,PLN,LOFAT,12 GRAMS PROT PER 8			
I	009019	APPLESAUCE,CND,UNSWTND,WO/ VIT C			
I	020038	OATS			
I	020081	WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEA			
I	019334	SUGARS,BROWN			
I	004075	MARGARINE,REG,HARD,SOYBN (HYDR)&CTT			