

Sweet Raistato Muffin

Number of Portions: 100

Portion Size: Grades K-12: 1 muffin

INGREDIENTS:

K-12
Quantities:

Sweet Potatoes, canned in light syrup, drained 		12 ½ cups
Eggs, frozen 		1 ¾ cups
1% Milk		7 cups
Vegetable Oil 		2 ¼ cups
Honey		3 cups
Oats, rolled, quick 		1 ½ lbs.
Whole Wheat Flour 		2 ⅔ lbs.
Pumpkin Pie Spice		¼ cup
Baking Powder		3 Tbsp.
Baking Soda		3 Tbsp.
Salt		1 ½ Tbsp.
Raisins, seedless		12 ½ cups (4 lbs.)

 = Available through USDA Foods

DIRECTIONS:

Preheat convection oven to 325 °F.

PREPARE INGREDIENTS:

Thaw eggs completely in the refrigerator. Drain sweet potatoes.

PREPARE SWEET POTATOES:

In a mixer, using the whisk attachment, mash enough canned sweet potatoes to equal 12 ½ cups (per 100 servings). Mash well, leaving no chunks. Option: Add 1 cup of milk per 12 ½ cups of sweet potatoes if needed.

NOTE:

Sweet potatoes should equal ⅛ cup per serving/muffin. Based on our yield study during recipe testing, one #10 can of USDA sweet potatoes #100317 yields approximately 4 ½ to 5 cups mashed sweet potatoes.

PREPARE MUFFIN DOUGH:

In the mixer, add eggs, milk, oil, and honey; mix well. Turn mixer off and scrape sides and bottom of the bowl with a spatula. Add oats, flour, pumpkin spice, baking powder, baking soda, and salt. Mix until moistened. Turn mixer off and scrape sides and bottom of the bowl with a spatula. Mix in raisins until well incorporated.

COOK MUFFINS:

Place muffin paper cups in muffin pans and spray the inside of each cup with cooking spray. Evenly divide batter among 100 muffin cups using an even #10 scoop (⅔ cup). Bake 15-25 minutes or until muffins are done.

NOTE:

Muffins will be very moist.



Estimated
Food Cost:

19¢



CALORIES
209

SATURATED
FAT
1.03g

SODIUM
249.69mg

Chef Brenda's Tips

-  These muffins freeze well and can be thawed for later use.
-  Pumpkin pie spice is typically a blend of cinnamon, nutmeg, ginger and allspice. It can be purchased from manufacturers or made from scratch. If you would like to make it from scratch, there are many recipes available online. Be sure to keep your spices consistent with your standardized recipe.
-  These muffins were given a creative name to increase participation—and it worked!

GRADES K-12		
RECIPE CONTRIBUTIONS:	Grains Contribution	1.0 oz eq
	<i>Grains Total</i>	1.0 oz eq
	Whole wheat flour and quick rolled oats	1.0 oz eq
Fruits/Vegetable Contribution		¼ cup
	<i>Fruit Total</i>	0.25 cup
	Raisins, dried	0.125*

* ¼ cup of dried fruit counts as ¼ cup of fruit.

