

Fruit Muffin

Calories:
201.67 kcal

Saturated Fat:
5.9833 g

Sodium:
367.78 mg

Total Carb:
58.45 mg

INGREDIENTS:

- 1 quart, 2 cups, 12 tbsp, 1 tsp of Flour White Whole Wheat
- 2 cups, 9 tbsp, 2 tsp of Flour AP Enriched
- 2 cups, 1 tbsp, 1 tsp of sugar
- 1 cup, 9 tbsp of Vegetable Oil
- 8 1/3 Egg of Egg, Fresh, Raw
- 2 tbsp, 1/4 tsp of Baking Powder
- 2 tbsp, 1/4 tsp of Salt Kosher
- 3 tbsp, 1/2 tsp of Vanilla Flavoring
- 1 quart, 2 cups, 4 tbsp of Milk
- 2 quarts, 1/3 cup of Blueberries
- 2 1/8 tsp of Baking Soda

DIRECTIONS:

Preheat Oven to 350 F

1. In one bowl, combine all dry ingredients.
2. In another bowl, combine all wet ingredients.
3. Blend wet into dry, in increments, stirring to incorporate.
4. Fold in fruit.
5. Portion 48 muffins. Use muffin paper and spray.
6. Bake at 350 F for 25 minutes.

SERVING SIZE:

1 Muffin

RECIPE MAKES:

48-50 Muffins

Meal Contribution: 1.25 oz Grains, 1.250 oz Whole Grain-Rich (Grains)

