BREADS AND SWEET DOUGHS No.D 028 04

APRICOT BRAN MUFFINS

Yield 100 Portion 1 Muffin

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
196 cal	40 g	4 g	4 g	10 mg	240 mg	114 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
APPLESAUCE,CANNED,SWEETENED	5-1/4 lbs	2 qts 1-3/8 cup	
WATER	2-1/8 lbs	1 qts	
CEREAL,ALL BRAN,BULK	1-7/8 lbs	2 qts 2 cup	
FLOUR,WHEAT,GENERAL PURPOSE	3-5/8 lbs	3 qts 1 cup	
SUGAR,GRANULATED	2-1/4 lbs	1 qts 1 cup	
BAKING POWDER	4-3/8 oz	1/2 cup 1 tbsp	
SALT	3/4 oz	1 tbsp	
CINNAMON,GROUND	1/2 oz	2 tbsp	
NUTMEG,GROUND	1/8 oz	1/3 tsp	
EGGS,WHOLE,FROZEN	8-5/8 oz	1 cup	
EGG WHITES,FROZEN,THAWED	8-1/2 oz	1 cup	
OIL,SALAD	9-5/8 oz	1-1/4 cup	
APRICOTS,DRIED,HALVES,PITTED	1-5/8 lbs	1 qts 2 cup	
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	

Method

- 1 Mix applesauce with water; add to bran. Let stand for 5 minutes.
- 2 Sift together flour, sugar, baking powder, salt, cinnamon, and nutmeg into mixer bowl. Batter will be lumpy.
- 3 Add bran applesauce mixture, eggs and salad oil or shortening; mix at low speed about 15 seconds, scrape down sides and bottom of mixer bowl. Mix until dry ingredients are moistened, about 15 seconds. DO NOT OVER MIX. Fold in dried, chopped apricots.
- 4 Lightly spray each muffin cup with non-stick cooking spray. Fill each muffin cup 2/3 full.
- 5 Bake 25 to 30 minutes at 400 F. or until lightly browned.