

APPLE MUFFINS

Yield 100

Portion 1 Muffin

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
191 cal	34 g	4 g	5 g	34 mg	204 mg	87 mg

Ingredient

Weight

Measure

Issue

FLOUR,WHEAT,GENERAL PURPOSE	5 lbs	1 gal 1/2 qts	
SUGAR,GRANULATED	2-1/2 lbs	1 qts 1-5/8 cup	
MILK,NONFAT,DRY	3-5/8 oz	1-1/2 cup	
BAKING POWDER	3-7/8 oz	1/2 cup	
SALT	5/8 oz	1 tbsp	
WATER,WARM	3-2/3 lbs	1 qts 3 cup	
EGGS,WHOLE,FROZEN	1-3/4 lbs	3-1/4 cup	
APPLESAUCE,CANNED,UNSWEETENED	1-5/8 lbs	3 cup	
OIL,SALAD	11-1/2 oz	1-1/2 cup	
APPLES,FRESH,MEDIUM,PEELED,CORED,CHOPPED	2 lbs	1 qts 3-1/4 cup	2-1/2 lbs
SUGAR,GRANULATED	7 oz	1 cup	
CINNAMON,GROUND	1/8 oz	1/3 tsp	
COOKING SPRAY,NONSTICK	1-1/2 oz	3 tbsp	

Method

- 1 In mixer bowl sift together flour, sugar, milk, baking powder and salt.
- 2 Add warm water, eggs, applesauce and salad oil; mix at low speed until dry ingredients are moistened about 15 seconds; scrape down sides and bottom of mixer bowl; continue to mix at low speed another 15 seconds. DO NOT OVERMIX. Batter will be lumpy.
- 3 Fold apples into batter.
- 4 Mix sugar and cinnamon; sprinkle 1/2 teaspoon of cinnamon sugar mixture over each muffin.
- 5 Lightly spray muffin cups with non-stick cooking spray. Fill each muffin cup 2/3 full.
- 6 Using a convection oven, bake 23 to 26 minutes with open vent, fan turned off the first 10 minutes, and then low fan. Remove muffins from oven and let cool.

Notes

- 1 In Step 3, 2 lb 4 oz A.P. (1 qt-1/3 No. 10 cn) drained, chopped apple slices may be substituted.