

OAT BRAN RAISIN MUFFINS

Yield 100

Portion 1 Muffin

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
196 cal	29 g	5 g	7 g	40 mg	189 mg	88 mg

Ingredient

FLOUR,WHEAT,GENERAL PURPOSE
 MILK,NONFAT,DRY
 BAKING POWDER
 SALT
 RAISINS
 CEREAL,OATMEAL,ROLLED
 CEREAL,OAT BRAN
 SUGAR,BROWN,PACKED
 WATER,WARM
 EGGS,WHOLE,FROZEN
 OIL,SALAD
 COOKING SPRAY,NONSTICK

Weight

1-2/3 lbs
 5-1/8 oz
 2-3/4 oz
 5/8 oz
 1-7/8 lbs
 2-7/8 lbs
 12 oz
 1 lbs
 4-2/3 lbs
 2 lbs
 1 lbs
 2 oz

Measure

1 qts 2 cup
 2-1/8 cup
 1/4 cup 2 tbsp
 1 tbsp
 1 qts 2 cup
 2 qts 1/2 cup
 1 qts 2 cup
 3 cup
 2 qts 1 cup
 3-3/4 cup
 2 cup
 1/4 cup 1/3 tbsp

Issue

Method

- 1 Sift together flour, milk, baking powder, and salt into mixer bowl.
- 2 Blend in raisins, rolled oats, oat bran, and brown sugar at low speed for 1/2 minute.
- 3 Add water, eggs, and oil or shortening to dry ingredients; mix at low speed until dry ingredients are moistened, about 15 seconds. DO NOT OVER MIX.
- 4 Lightly spray each muffin cup with non-stick cooking spray. Fill each muffin cup 2/3 full (1-No. 16 scoop).
- 5 Using a convection oven, bake at 350 F. for 20 minutes or until lightly browned with open vent and fan turned off first 5 minutes, then low fan.