

HARVEST APPLE MUFFIN

RSD #10, Avon and Canton Public School

Grades: K-12

Yield: 24 portions

INGREDIENTS	24 SERVINGS		DIRECTIONS
	WEIGHT	MEASURE	
<p>APPLE BOTTOM Apples Sugar Lemon juice Whole wheat flour Cinnamon</p> <p>MUFFIN MIX Zucchini, grated, shredded Carrots, grated/ shredded Sugar All purpose flour Whole wheat flour Baking powder Baking soda Cinnamon (nutmeg may be substituted) Salt Eggs, whole, large Canola oil Applesauce, unsweetened</p>	<p>5 lbs</p> <p>¾ lbs ½ lbs ½ lbs ¼ lb ½ lb</p> <p>¼ lb</p>	<p>½ cup 2 Tbsp ½ cup 1 tsp</p> <p>1 ½ Tbsp 1 Tbsp ¼ tsp ¼ tsp</p> <p>¼ cup ½ cup</p>	<p>1. Sanitize work area with bleach & water solution. 2. Wash hands. 3. Put on food service gloves.</p> <p>Cooking Methods: 1. Preheat oven to 350° F.</p> <p>Then, to prepare apple bottoms: 1. Peel, core and slice apples. Set aside. 2. Mix remaining ingredients for the apple bottoms in a bowl. Add the apples, mix well and set aside.</p> <p>To prepare Muffin Mix: 1. Wring grated zucchini and carrots in a towel to remove excess moisture. Combine in a large bowl. 2. In a separate bowl, combine the dry ingredients (sugar, both flours, baking powder and baking soda, cinnamon). 3. In a third bowl, combine the wet ingredients (Eggs, oil and applesauce). 4. Gradually fold the wet ingredients and zucchini and carrot mixture into the dry ingredients. Mixture will be slightly lumpy. Do not overmix.</p> <p>Once batter is made: 1. Line two 12 ct muffin tins with sturdy paper muffin liners. 2. Using a #8 scoop, place the apple mixture at the bottom of each muffin liner. 3. Top the apples in each muffin liner with enough batter to fill ⅔ full. 4. Bake muffins for 35 minutes, remove from the oven and allow to cool before serving.</p>
<p>Serving Size: 1 muffin Meal Pattern Contribution: ⅓ cup Other Vegetable, ½ cup Fruit, 1.25 oz-eq Whole Grain Allergens: Eggs, Wheat Notes: Recipe and Meal Contribution information provided by Wisconsin Department of Public Education, found at www.dpt.wi.gov Substitute yellow summer squash in place of zucchini. Leftover muffins can be crumbled and served in yogurt parfaits as a tasty alternative to granola.</p>			<p>Serving Instructions Carefully remove muffins in their liners to a serving pan. Serve one muffin per meal.</p> <p>HACCP Instructions: Leftover muffins should be stored in an airtight container and can be served the following day.</p>

Recipe and Meal Contribution Review completed by Put Local on Your Tray.

SFAs must check the crediting information for accuracy prior to including the item in reimbursable meals.

