

Whole-Grain Harvest Muffin



DIRECTIONS

1. In mixer, place mashed sweet potatoes, add milk, oil and eggs; mix at low speed for one minute.
2. Add flours, baking soda, baking powder, cinnamon, nutmeg, cloves, salt and sugar.
3. Mix thoroughly for three minutes at slow speed, two minutes at high speed.
4. Dip using #10 scoop ($\frac{3}{8}$ cup) into paper-lined muffin cups.
5. Bake.
 - Conventional oven: 350°F for 25–28 minutes
 - Convection oven: 325°F for 18–22 minutes
6. Cool on rack.
7. Muffins can be wrapped and frozen for 30 days.
8. Serve one muffin.

INGREDIENTS	YIELD	
	50	100
Sweet potatoes, canned, mashed	2 lb 8 oz	5 lb
Milk, low-fat	$\frac{1}{2}$ cup	1 cup
Oil, vegetable	1½ cups	3 cups
Eggs, fresh, large Or Eggs, liquid, frozen, thawed	6 Or 1 cup + 3 Tbsp	12 Or 1 $\frac{1}{3}$ lb
Flour, whole-wheat	1 lb 5 oz	2 lb 10 oz
Flour, all-purpose	1 lb 4 oz	2 lb 8 oz
Baking soda	3 Tbsp	6 Tbsp
Baking powder	2 Tbsp	4 Tbsp
Cinnamon	3 Tbsp	6 Tbsp
Nutmeg	1 Tbsp	2 Tbsp
Cloves	2 tsp	4 tsp
Salt	2 Tbsp	4 Tbsp
Sugar	2 lb 8 oz	5 lb

Nutritional Data/Portion

Calories 305

Total Fat 7.51g

Saturated Fat 0.75g

Sodium 533mg

Breakfast Meal Contribution

1.25 oz Grain/Bread

Portion 1 muffin