

# Milam 2

## Recipe

Mar 11, 2010

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**Recipe: 000332 Berry Oatmeal Muffinmania**

Recipe Source: Hungry Girl

Recipe Group: BREAD/ROLLS/STARCH

**Recipe HACCP Process: #2 Same Day Service**

Alternate Recipe Name:

Number of Portions: 24

Size of Portion: 1 muffin

|  |                                      |   |
|--|--------------------------------------|---|
| 020038 OATMEAL.....                                      | 3 CUP                                | Pre-heat oven to 375 degrees. Combine all dry ingredients in large bowl. Mix well.  |
| 020081 FLOUR, ALL PURPOSE WHITE, ENRICHED, BLEACHED..... | 1 CUP                                |   |
| 090161 SUGARS, BROWN, DARK.....                          | 1/2 CUP, unpacked + 4 TBSP, unpacked |   |
| 018369 BAKING POWDER, DOUBLE-ACTING, NaAlSO4.....        | 4 TSP                                |   |
| 002010 CINNAMON, GROUND.....                             | 1 TSP                                |   |
| 002047 SALT, TABLE.....                                  | 1/2 TSP                              |   |
| 900118 PUDDINGS, VAN, SUG FREE, FAT FREE, UNPREPARED...  | 1 5/8 OZ                             | Combine pudding mix and skim milk, whisk constantly until thickened to pudding consistency, may take up to 5 minutes.   |
| 001085 MILK SKIM.....                                    | 2 CUP                                |   |
| 001124 EGGS, WHITES ONLY, FRESH & FROZEN.....            | 1 CUP                                | In a bowl separate from the dry ingredients, combine 16 oz (452 g) of the pudding with the egg whites, milk, and butter. Whisk wet ingredients together. Gently combine with dry ingredients. Mix until all dry ingredients are barely moistened. |
| 001079 MILK 2% LOWFAT.....                               | 6 TBSP                               |   |
| 001002 BUTTER, WHIPPED, WITH SALT.....                   | 4 TBSP                               |   |
| 009302 RASPBERRIES, RAW.....                             | 1 1/2 CUP                            | Mix raw berries together in a separate bowl.  |
| 009042 BLACKBERRIES, RAW.....                            | 1 1/2 CUP                            |   |
|  |                                      | Spray a 24 cup muffin pan with non stick spray or use baking cups. Fill each muffin cup half full with mixed ingredients. Top with a few mixed berries.   |
|  |                                      | Divide remaining mixed ingredients evenly into the 24 muffin pan cups on top of mixed berries.  |
|  |                                      | Bake Muffins for 18 minutes or until a toothpick inserted into center comes out clean.  |

|               |        |           |           |               |         |        |                          |
|---------------|--------|-----------|-----------|---------------|---------|--------|--------------------------|
| Calories      | 151    | Iron      | 1.41* mg  | Protein       | 5.99 g  | 15.82% | Calories from Prot       |
| Cholesterol   | 4 mg   | Calcium   | 96.84* mg | Carbohydrates | 26.11 g | 68.95% | Calories from Carb       |
| Sodium        | 243 mg | Vitamin A | 110.3* IU | Total Fat     | 2.88 g  | 17.09% | Calories from T Fat      |
| Dietary Fiber | 3.24 g | Vitamin A | 29.0 RE   | Saturated Fat | 1.10 g  | 6.54%  | Calories from S Fat      |
|               |        | Vitamin C | 3.92* mg  | Trans. Fat    | 0.00* g | %      | Calories from Trans. Fat |

Note: \* - asterisk denotes nutrients with either missing or incomplete nutrient data.

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| <b>Miscellaneous</b>             |         | <b>Attributes</b> | <b>Allergens Present</b> | <b>Allergens Absent</b> | <b>Allergens Unidentified</b> |
|----------------------------------|---------|-------------------|--------------------------|-------------------------|-------------------------------|
| Meat/Alt.....                    | oz.     |                   |                          |                         | ? - Milk                      |
| Grain/Bread.....                 | srv.    |                   |                          |                         | ? - Egg                       |
| F/V/J.....                       | cup     |                   |                          |                         | ? - Peanut                    |
| Milk.....                        | fl. oz. |                   |                          |                         | ? - Tree Nut                  |
|                                  |         |                   |                          |                         | ? - Fish                      |
|                                  |         |                   |                          |                         | ? - Shellfish                 |
|                                  |         |                   |                          |                         | ? - Soy                       |
|                                  |         |                   |                          |                         | ? - Wheat                     |
| <b>Moisture &amp; Fat Change</b> |         |                   |                          |                         |                               |
| Moisture Change.                 | 0%      |                   |                          |                         |                               |
| Fat Change.....                  | 0%      |                   |                          |                         |                               |
| Type of Fat.....                 |         |                   |                          |                         |                               |

**Production Specification**

| I/R | Ing #  | Ingredient or Sub-Recipe               | Measure | Measure | Round |
|-----|--------|--|---------|---------|-------|
| I   | 020038 | OATMEAL                                |         |         |       |
| I   | 020081 | FLOUR,ALL PURPOSE WHITE,ENRICHED,BLE   |         |         |       |
| I   | 009302 | RASPBERRIES,RAW                        |         |         |       |
| I   | 009042 | BLACKBERRIES,RAW                       |         |         |       |
| I   | 001124 | EGGS,WHITES ONLY,FRESH & FROZEN        |         |         |       |
| I   | 001079 | MILK 2% LOWFAT                         |         |         |       |
| I   | 001002 | BUTTER,WHIPPED,WITH SALT               |         |         |       |
| I   | 090161 | SUGARS,BROWN,DARK                      |         |         |       |
| I   | 018369 | BAKING POWDER,DOUBLE-ACTING,NaAlSO4    |         |         |       |
| I   | 002010 | CINNAMON,GROUND                        |         |         |       |
| I   | 002047 | SALT,TABLE                             |         |         |       |
| I   | 900118 | PUDDINGS, VAN, SUG FREE, FAT FREE, UNP |         |         |       |
| I   | 001085 | MILK SKIM                              |         |         |       |

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