

LOADED WHOLE GRAIN MUFFINS



Ingredients

¾ Cup + 3 Tablespoons Enriched All Purpose Flour	2 Tablespoons + 1½ Teaspoons Brown Sugar, Packed	⅓ Cup + 1 Tablespoon Raisins, Packed
1 Cup + 2 Tablespoons Whole Wheat Pastry Flour	¾ Teaspoon Ground Cinnamon	½ Cup + 2 Tablespoons Fresh Carrots, Grated
3 Tablespoons + 2 Teaspoons Instant Nonfat Dry Milk	½ Teaspoon Salt	½ Cup + 2 Tablespoons Fresh Zucchini, Grated
1 Tablespoon + ¾ Teaspoon Baking Powder	1 Large Egg	¼ Cup + 1 Tablespoon Canned Crushed Pineapple
2 Tablespoons + 1½ Teaspoons Granulated Sugar	¾ Teaspoon Vanilla Extract	Cooking Spray (as needed)
	¾ Cup Water	
	3 Tablespoons + 2 Teaspoons Vegetable Oil	

Directions

1. Combine flour, dry milk, baking powder, sugar, brown sugar, cinnamon, and salt in a mixing bowl. Mix on low speed for 5 minutes.
2. In a separate bowl, combine eggs, vanilla, water and oil. Slowly add to dry ingredients while mixing on low speed. Mix only until dry ingredients are moistened, about 15-20 seconds. Fold in raisins, carrots, zucchini, and pineapple.
3. DO NOT OVERMIX. Batter will be lumpy.
4. For muffin pans: portion batter with ⅓ cup (2 Tbsp) into muffin pans that have been lightly coated with cooking spray or paper lined.
5. Bake in conventional oven at 400°F for 18-20 minutes OR in convection oven at 350°F for 12-15 minutes.

YIELD:
25 MUFFINS

Crediting

Provides a Grain/Bread at Breakfast:

Toddler
1 Muffin

Preschool
1 Muffin

School Age
2 Muffins

Adult
4 Muffins