

# Blueberry Muffin



<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-51081

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG WHL LIQ W/CITRIC	32 Ounce	36 3/8 ounces	431491
SUGAR CANE GRANUL	48 Ounce	63 5/8 ounces	425311
YOGURT GRK PLN N/F	9 Cup	2 quarts, 1 cup, 1 tablespoon, 1 1/2 tsp.	398331
FLAVORING VANILLA IMIT	3 Teaspoon		110736
OIL SALAD CANOLA NT	3 Cup		393843
White Whole Wheat Flour	92 Ounce	5 sounds, 10 ounces, 25 7/8 grams	411839
BAKING POWDER	4 Tablespoon 1 Teaspoon (4 1/2 Tablespoon)		361032
SALT SEA	4 Tablespoon 1 Teaspoon (4 1/2 Tablespoon)		748590
BLUEBERRY IQF	40 Ounce		166720

Description	Measurement	Prep Instructions	DistPart #
BAKING SODA	2 Teaspoon		513849

## Preparation Instructions

Instructions

Pre-heat oven to 350 °F.

Mix sugar and eggs together until mixture changes to a light/pale yellow color.

Add yogurt, lemon juice, vanilla, oil, baking powder, salt, and baking soda to sugar-egg mixture and combine until just incorporated.

Fold in the blueberries with a spatula.

\* Important\* Do not add the blueberries to the stand mixer, only fold into muffin mixture after all other ingredients have been incorporated. That will prevent the blueberries from being crushed and coloring the muffin batter blue.

Use #12 scoop (Green) for for muffin batter to fill muffin tins.

Bake at 350 °F for 15-20 minutes or until tops are evenly golden brown.

Recipe Notes

Crediting: One muffin provides 1.5 ounce Grains

From Irlena Peñaloza, Nutrition and Wellness Supervisor of Child Nutrition:

### Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	151.51		
Fat	6.84g		
SaturatedFat	0.48g		
Trans Fat*	0.00g		
Cholesterol	0.75mg		
Sodium	428.38mg		
Carbohydrates	21.21g		
Fiber	1.16g		
Sugar	15.66g		
Protein	3.29g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	49.12mg	Iron	0.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

\*\*One or more nutritional components are missing from at least one item on this recipe.

### Nutrition - Per 100g

No 100g Conversion Available