

# HARVEST APPLE MUFFIN

RSD #10, Avon and Canton Public School

Yield: 24 portions

INGREDIENTS	24 SERVINGS		DIRECTIONS
	WEIGHT	MEASURE	
<p><b>APPLE BOTTOM</b> Apples Sugar Lemon Juice Whole Wheat Flour Cinnamon</p> <p><b>MUFFIN MIX</b> 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 TBLSP ½ cup 1 tsp</p> <p>1 ½ TBSP 1 TBSP ¼ tsp ¼ tsp</p> <p>¼ cup ½ cup</p>	<p><b>Preheat oven to 350° F</b></p> <p><b>1. To prepare apple bottoms:</b> Peel, core and slice apples. Set Aside. Mix the remaining ingredients for the apple bottoms in a bowl. Add the apples, mix well and set aside.</p> <p><b>2. To prepare Muffin Mix:</b> -Wring grated zucchini and carrots in a towel to remove excess moisture. Combine in a large bowl. In a separate bowl, combine the dry ingredients (sugar, both flours, baking powder and baking soda, cinnamon). In a third bowl, combine the wet ingredients (Eggs, oil and applesauce). -Gradually fold the wet ingredients and zucchini and carrot mixture into the dry ingredients. Mixture will be slightly lumpy. Do not overmix.</p> <p><b>Cooking Methods:</b></p> <ol style="list-style-type: none"> <li>Line 2 12 ct muffin tins with sturdy paper muffin liners.</li> <li>Using a #8 scoop, place the apple mixture at the bottom of each muffin liner.</li> <li>Top the apples in each muffin liner with enough batter to fill 2/3 full.</li> <li>Bake muffins for 35 minutes, remove from the oven and allow to cool before serving.</li> </ol>
<p><b>Serving Size:</b> 1 muffin <b>Meal Pattern Contribution:</b> ⅓ cup Other Vegetable, ½ cup Fruit, 1.25 oz-eq Whole Grain <b>Allergens:</b> Eggs, Wheat <b>HACCP Instructions:</b> Left over muffins should be stored in an airtight container and can be served the following day. <b>Notes:</b> Recipe and Meal Contribution information provided by Wisconsin Department of Public Education, <a href="http://www.dpt.wi.gov">www.dpt.wi.gov</a> 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><b>Serving Instructions</b></p> <ol style="list-style-type: none"> <li>Carefully remove muffins in their liners to a serving pan. Serve one muffin per meal.</li> </ol>

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.

