

APPLESAUCE BLUEBERRY MUFFINS

Yield 100

Portion 1 Muffin

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
195 cal	36 g	3 g	4 g	0 mg	209 mg	75 mg

Ingredient

FLOUR,WHEAT,GENERAL PURPOSE
 BAKING POWDER
 SALT
 CINNAMON,GROUND
 NUTMEG,GROUND
 SUGAR,GRANULATED
 APPLESAUCE,CANNED,SWEETENED
 EGG SUBSTITUTE,PASTEURIZED
 SHORTENING
 BLUEBERRIES,FROZEN,UNSWEETENED
 COOKING SPRAY,NONSTICK

Weight

5-3/4 lbs
 3-7/8 oz
 3/4 oz
 1/2 oz
 1/8 oz
 2-1/4 lbs
 5-1/4 lbs
 1-1/8 lbs
 10-7/8 oz
 2-3/8 lbs
 2 oz

Measure

1 gal 1-1/4 qts
 1/2 cup
 1 tbsp
 2 tbsp
 1/3 tsp
 1 qts 1 cup
 2 qts 1-3/8 cup
 2 cup
 1-1/2 cup
 1 qts 3 cup
 1/4 cup 1/3 tbsp

Issue

Method

- 1 Sift together flour, baking powder, salt, cinnamon, nutmeg, and sugar into mixing bowl.
- 2 Add applesauce, egg substitute, and salad oil or melted shortening; mix at low speed 15 seconds until dry ingredients are moistened. Fold in blueberries. Do not overmix. Batter will be lumpy.
- 3 Lightly spray each muffin cup with non-stick cooking spray. Fill each muffin cup 2/3 full.
- 4 Bake 25 to 30 minutes at 400 F. oven or at 350 F. in a convection oven for 23 to 26 minutes or until done, open vent, fan turned off first 10 minutes, then low fan.

Notes

- 1 In Step 2, canned drained, rinsed blueberries 6-1/4 cups per 100 portions, may be substituted for frozen thawed blueberries.