

PINEAPPLE CARROT MUFFINS

Yield 100

Portion 1 Muffin

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
145 cal	24 g	4 g	4 g	0 mg	205 mg	99 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
FLOUR,WHEAT,GENERAL PURPOSE	3-1/8 lbs	2 qts 3-1/2 cup	
CEREAL,OAT BRAN	11-1/2 oz	1 qts 1-3/4 cup	
BAKING POWDER	3-1/8 oz	1/4 cup 2-2/3 tbsp	
BAKING SODA	1 oz	2 tbsp	
YOGURT,PLAIN,NONFAT	3-3/4 lbs	1 qts 3 cup	
SUGAR,BROWN,PACKED	1-1/4 lbs	1 qts	
OIL,SALAD	11-1/2 oz	1-1/2 cup	
EGG WHITES,FROZEN,THAWED	14-7/8 oz	1-3/4 cup	
PINEAPPLE,CANNED,CRUSHED,JUICE PACK,DRAINED	3-7/8 lbs	1 qts 3 cup	
CARROTS,FRESH,GRATED	1-1/2 lbs	1 qts 2-1/4 cup	1-7/8 lbs
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	

Method

- 1 Sift together flour, oat bran, baking powder, and baking soda. Set aside for use in Step 5.
- 2 Combine yogurt, brown sugar, and oil in mixer bowl. Beat at medium speed about 1 minute or until well blended.
- 3 Add egg whites; mix at low speed about 30 seconds.
- 4 Add pineapple and carrots; mix at low speed for 30 seconds.
- 5 Add flour mixture; mix at low speed about 15 seconds, scrape down sides and bottom of mixer bowl. Mix about 15 seconds or until ingredients are moistened. Do not overmix.
- 6 Lightly spray each muffin cup with non-stick cooking spray. Fill each muffin cup 2/3 full.
- 7 Bake 25 to 30 minutes at 400 F. or until lightly browned, or using a 350 F. convection oven, bake for 18 to 20 minutes or until lightly browned with open vent, low fan.