

BLUEBERRY MUFFINS

Yield 100

Portion 1 Muffin

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
187 cal	33 g	4 g	5 g	34 mg	204 mg	87 mg

Ingredient

FLOUR,WHEAT,GENERAL PURPOSE
 SUGAR,GRANULATED
 MILK,NONFAT,DRY
 BAKING POWDER
 SALT
 WATER,WARM
 EGGS,WHOLE,FROZEN
 APPLESAUCE,CANNED,UNSWEETENED
 OIL,SALAD
 BLUEBERRIES,CANNED,DRAINED
 COOKING SPRAY,NONSTICK

Weight

5 lbs
 2-1/2 lbs
 3-5/8 oz
 3-7/8 oz
 5/8 oz
 3-2/3 lbs
 1-3/4 lbs
 1-5/8 lbs
 11-1/2 oz
 2-1/4 lbs
 1-1/2 oz

Measure

1 gal 1/2 qts
 1 qts 1-5/8 cup
 1-1/2 cup
 1/2 cup
 1 tbsp
 1 qts 3 cup
 3-1/4 cup
 3 cup
 1-1/2 cup
 1 qts
 3 tbsp

Issue

Method

- 1 In mixer bowl, sift together flour, sugar, milk, baking powder and salt.
- 2 Add warm water, eggs, applesauce and salad oil; mix at low speed until dry ingredients are moistened about 15 seconds; scrape down sides and bottom of mixer bowl; continue to mix at low speed another 15 seconds. DO NOT OVER MIX. Batter will be lumpy.
- 3 Rinse blueberries, drain well. Fold into batter.
- 4 Lightly spray muffin cups with non-stick cooking spray. Fill each muffin cup 2/3 full.
- 5 Using a convection oven, bake at 350 F. 23 to 26 minutes with open vent, fan turned off the first 10 minutes, and then low fan. Remove muffins from oven and let cool. NOTES: 1. In Step 3, 2 lb A.P. (1-1/2 quarts) blueberries, frozen, IQF, thawed, may be substituted.