

**CRANBERRY MUFFINS**

**Yield** 100

**Portion** 1 Muffin

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
182 cal	32 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  
 CRANBERRIES,FRESH  
 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 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  
 2 qts 1-1/2 cup  
 3 tbsp

**Issue**

2-1/8 lbs

**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 OVERMIX. Batter will be lumpy.
- 3 Fold cranberries 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 on low fan. Remove muffins from oven and let cool.

**Notes**

- 1 In Step 3, 2 lb 1 oz A.P. (8-1/3 cup) cranberries, brozen, IQF, thawed, may be substituted.