

**Grains**  
**HACCP: Non-Hazardous/Other**

**Healthier Kansas Recipe 127**  
USDA B-09, modified

Ingredients	24 Servings		12 Servings		Directions
	Weight	Measure	Weight	Measure	
Flour, whole wheat		1 ¼ cup		⅔ cup	<ol style="list-style-type: none"> <li>Blend flour, cornmeal, sugar, baking powder, and salt in mixer for 1 minute on low speed.</li> <li>Mix eggs, milk, and oil. Add to dry ingredients and blend for 30 seconds on low speed. Beat until dry ingredients are moistened for 2-3 minutes on medium speed. <b>DO NOT OVERMIX.</b> Batter will be lumpy. *For ½ large egg, beat one egg in a bowl and pour half (about 1 ⅓ Tbsp) in with the other ingredients.</li> <li>Portion #30 scoop (about 2 Tbsp) of batter into each muffin cup sprayed with pan release spray or lined with a paper liner. <i>Note</i> : Could also be baked into squares: - 24 servings - one 9x13" pan cut 6 x 4 - 12 servings - one 8x8" pan cut 3 x 4</li> <li>Bake until lightly browned: *Conventional oven: 375° F for 16-20 minutes. *Convection oven: 350° F for 12-16 minutes.</li> </ol>
Cornmeal, whole grain		1 ¼ cup		⅔ cup	
Sugar		¼ cup		2 Tbsp	
Baking Powder		2 tsp		1 tsp	
Salt		½ tsp		¼ tsp	
Eggs, whole, raw		1 large		1 small OR ½ large*	
Milk, lowfat		1 ⅓ cup		⅔ cup	
Vegetable Oil		2 Tbsp + 2 tsp		1 Tbsp + 1 tsp	
Pan Release Spray		As Needed		As Needed	

<b>Serving Size</b> 1 mini muffin (or 1 square)	<b>Crediting Information</b> ¾ oz eq Grains
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**Healthier Kansas Menus – CACFP**

**Nutrients Per Serving**

Calories	74	Vitamin A	36.3 IU	Iron	0.65 mg
Protein	1.74 gm	Vitamin C	0 mg	Calcium	37.7 mg
Carbohydrate	12.24 gm	Fiber	1.18 gm	Cholesterol	8.09 mg
Fat	2.03 gm	% Fat	24.67%	Sodium	57.58 mg
Saturated Fat	0.37 gm	% Saturated Fat	4.47%		



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(6 and 25 servings per recipe)**

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