

RECIPE NAME: Cranberry-Apple Cornbread Muffins					File No: WITN-44	
					Source: <i>Ashlee Gabrielson, Vernon County F2S Coordinator, Viroqua Area School District (modified)</i>	
Grade Group:					HACCP Process: <input type="checkbox"/> #1 No Cook <input checked="" type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step	
Number of Portions: 50						
Portion Size: 1 muffin						
Serving Utensil: tongs						
Servings Per Pan: 50						
Ingredients		Weight (AP)	Measure (EP)	Procedure		
Cornmeal		2 lbs	6 cups	1. Preheat convection oven to 375°F.		
Salt		0.5 oz	3 tsp	2. Chop apples into a small, ½ inch cubes.		
Baking Soda		0.5 oz	3 tsp	3. Lightly grease muffin pans with vegetable cooking spray or line with muffin liners.		
Baking Powder		0.85 oz	5 tsp	4. In a large bowl, combine cornmeal, salt, baking soda, and baking powder.		
Eggs		3 eggs	½ cup	5. In a mixer at low speed, mix together eggs, oil, yogurt, and honey.		
Canola Oil		8 oz	1 cup	6. Add the cheese, cranberries, brown sugar, and apples to the mixer and mix at a low speed.		
Yogurt		32 oz	4 cups	7. While the mixer is running at a low speed, add the dry ingredients to the mixer in 1/3 increments.		
Honey		8 oz	1 cup	8. With a #16 scoop or a ¼ cup measuring cup, scoop the batter into the muffin pan. One scoop batter per muffin.		
Cheddar Cheese, grated		1 lbs	4 cups	9. Bake muffins in the 375° convection oven for 30 minutes, until top is golden and a toothpick comes out clean.		
Dried Cranberries		1 lbs	4 cups	10. Shortly rest the muffins, serve warm in a 20x12x4 pan.		
Granny Smith Apples		2 lbs	4 cups chopped			
Brown Sugar		0.25 lbs	½ cup			
Total Yield		Number of Pans: 1		Equipment (if not specified in procedures above): cutting board, chef's knife, measuring cups/spoons		
Weight: 5 lbs	Measure (volume): 100 oz	Pan Size: 20"x12"x4"				
Meal Component Contribution Based on Portion Size						Nutrient Analysis Based on Portion Size
Meat/Meat Alternate						Calories: 195
Vegetable Subgroups		D/G	B/P	R/O	S	O
Fruits		¼ c				Saturated Fat: 2.26g
Grains		1 oz				Sodium: 350mg



Source: Home Grown: Farm to School Recipes – Wisconsin Department of Public Instruction.
 Available at: hdpi.wi.gov/sites/default/files/imce/team-nutrition/pdf/homegrown-f2s-recipes.pdf