

Blueberry Muffin Squares

Ingredients

	25 Servings		50 Servings	
	Weight	Measure	Weight	Measure
Rolled oats	4 oz	1 1/2 cups	8 oz	3 cups
Water, hot		1 3/4 cups		3 1/2 cups
Enriched All-Purpose Flour	10 oz	2 1/4 cups 1 Tbsp	1 lb 4 oz	1 qt 5/8 cup
Baking soda		5/8 tsp		1 1/4 tsp
Ground cinnamon		5/8 tsp		1 1/4 tsp
Ground nutmeg		5/8 tsp		1 1/4 tsp
Salt		5/8 tsp		1 1/4 tsp
Margarine or butter	3 oz	1/4 cup 2 Tbsp	6 oz	3/4 cup
Brown sugar, packed	9 oz	1 cup 2 Tbsp	1 lb 2 oz	2 1/4 cups
Sugar	9 oz	1 cup 2 Tbsp	6 oz	2 1/4 cups
Vanilla		1 1/4 tsp		2 1/2 tsp
Frozen Egg Whites, thawed	5 oz	1/2 cup 1 Tbsp	10 oz	1 cup 2 Tbsp
OR		4 each		7 each
Fresh large egg whites				
Lowfat plain yogurt		2 Tbsp		1/4 cup
Canned Applesauce		2 Tbsp		1/4 cup
Rolled oats		1/2 cup 1 1/4 tsp	3 oz	1 cup 2 1/2 tsp
Enriched All-Purpose Flour		2 Tbsp		1/4 cup
Brown sugar, packed		2 Tbsp 1/4 tsp	2 oz	1/4 cup 1/2 tsp
Margarine or butter		2 Tbsp	2 oz	1/4 cup
Frozen blueberries, thawed and drained	1 lb 11 oz	3 3/8 cups	3 lb 6 oz	1 qt 2 3/4 cups

Directions

1. Place oats in a bowl, and pour hot water over oats. Let stand 20 minutes. Do not drain. Reserve for step 5.
2. In a separate bowl, combine flour, baking soda, cinnamon, nutmeg, and salt. Reserve for step 5.
3. In a separate mixing bowl, cream margarine or butter and sugars using paddle attachment for 10 minutes on medium speed. Scrape down sides of bowl.
4. Add the vanilla, egg whites, yogurt, and applesauce. Beat for 3 minutes on medium speed.
5. Add the oat mixture from step 1 and blend for 1 minute on low speed. Add the flour mixture from step 2 and blend for 1 minute on low speed. Scrape down sides of bowl.
6. Blend for 1 minute on low speed.
7. Topping:
In a separate bowl, combine oats, flour, brown sugar, and margarine or butter. Mix until crumbs are pea sized.
8. Into each pan (9" x 13"x 2") which has been lightly coated with pan release spray, pour and

spread evenly 3 lb 8 1/2 oz (1 qt 2 1/4 cups) of batter. For 25 servings, use 1 pan. For 50 servings, use 2 pans.

9. Spread 1 lb 11 oz blueberries over each pan. Blueberries may be pureed. Sprinkle 4 oz (3/4 cup 2 Tbsp) of topping over each pan.

10. Bake until golden brown and muffin pulls away from sides of pan:

Conventional oven: 325° F for 45 minutes

Convection oven: 325° F for 35 minutes.

11. Cut each pan 5 x 5 (25 pieces). Portion is 1 piece.

Serving Tips

Servings	Yield	Volume
25	5 lb 9 1/2 oz (uncooked)	1 quart 2 1/4 cups (batter) 1 pan
50	11 lb 3 oz	3 quarts 1/2 cups (batter) 2 pans

Nutrients

Nutrients are for 1 piece provides the equivalent of 1 slice of bread.

Calories:	204
Protein:	3.13 g
Carbohydrates:	38.76 g
Total Fat:	4.44 g
Saturated Fat:	0.88 g
Vitamin A (IU):	188
Vitamin C:	0.8 mg
Iron:	1.16 mg
Calcium:	23 mg
Sodium:	148 mg
Dietary Fiber:	1.9 g