



Maple Muffins



Category: Bread/Grain

HACCP Process: 2 – Cook & Same Day Serve

Smart Snack: Meets Criteria

Ingredients	For 12 Servings		Directions
	Weight	Measure	
Cooking spray Whole wheat flour White sugar Applesauce, unsweetened White flour Egg Sour cream, regular Baking powder Baking soda Skim milk Real maple syrup Salt Canola oil		1 ½ cup ½ cup 2 T. ½ cup 1 ½ cup 2 ½ tsp. ¼ tsp. ½ cup ¼ cup ¼ tsp 2 T.	<ol style="list-style-type: none"> 1. Preheat oven to 400°F. Spray muffin tin with cooking spray. 2. Stir together flour, baking powder, baking soda, salt, and sugar. Mix together eggs, skim milk, syrup, oil and sour cream. Mix in dry ingredients. Fill each muffin up 2/3 full. Bake 20 minutes.



Serving Size: 1 muffin (50 grams) Yield: 12 Servings

Crediting in School Meals: 1 oz. grain equivalent

Conventional Oven: Temp: 400°F for 20 minutes.

Nutrition Analysis: Serving Size: 1 muffin

Calories: 170

Calories from Fat: 45

Total Fat: 5g

Saturated Fat: 1.5g

Trans Fat: 0g

Cholesterol: 21mg

Sodium: 198mg

Total Carbohydrate: 29g

Dietary Fiber: 1.5g

Sugars: 14g

Protein: 3g

Vitamin A: 110 IU

Vitamin C: 0mg

Calcium: 97mg

Iron: 1mg

Recipe adapted from Healthy Kids Challenge: <http://www.homebaking.org/PDF/bakesale/FCSHealthyKidsChallenge.pdf>.