

Pumpkin Chocolate Chip Muffin

HACCP Process NA

Iowa Gold Star Recipe
Adapted from Healthier Kansas Recipes

Ingredients	96 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Eggs, whole raw	2 lb	16 large			1. Beat eggs, sugar, pumpkin, oil and applesauce until smooth.
Sugar, granulated	3 lb 8 oz	2 qt			
Pumpkin, canned	4 lb	2 qt			
Oil, vegetable	1 lb	2 cups			
Applesauce, canned, unsweetened*	2 lb	1 qt			
Flour, white whole wheat	3 lb 7 oz	3 qt 1 ½ cup			2. Combine flour, baking soda, baking powder, pumpkin pie spice, cinnamon and salt. Add to pumpkin mixture. Mix on low speed for 20-30 seconds, until all dry ingredients are moistened.
Baking soda		2 Tbsp 2 tsp			
Baking powder		2 Tbsp 2 tsp			
Pumpkin pie spice		1 Tbsp 1 tsp			
Cinnamon		2 tsp			
Salt		1 Tbsp			3. Add chocolate chips and mix on low speed to incorporate into the batter. 4. Portion #16 scoop of batter into each muffin cup sprayed with pan release spray or lined with a paper liner. 5. Bake until lightly browned in a 375°F conventional oven for 16-20 minutes or a 350°F convection oven for 12-16 minutes.
Chocolate chips, miniature, semisweet		1 qt 1 cups			
Pan Release Spray		As needed			

*USDA Foods

Serving Size	1 Serving Provides	Yield
1 muffin	1 oz eq grains.	96 muffins

Nutrients Per Serving

Calories	230	Sodium	300 mg	Vitamin A	3225 IU
Total Fat	8 g	Carbohydrates	36 g	Vitamin C	1 mg
Saturated Fat	2 g	Dietary Fiber	3.1 g	Calcium	26 mg
Trans Fat	0 g	Protein	4 g	Iron	1.6 mg
Cholesterol	30 mg	Calories from Total Fat	32%	Calories from Saturated Fat	9 %
