

Fall recipe: breakfast

Food components used: grain

Specialty crop: apples

| Apple Oat Muffins | | | | |
|--------------------------|-------------------|-------------------------|--------------------|-------------------------|
| Ingredients | 8 servings | | 25 servings | |
| | Measure | Weight | Measure | Weight |
| Rolled oats | 1 ⅓ cups | 3.2 oz | 4 cups | |
| All-purpose flour | ½ cup | 2.5 oz | 1 ½ cups | |
| Whole wheat flour* | ½ cup | 2.5 oz | 1 ½ cups | |
| Brown sugar | ¼ cup | | ⅔ cup | |
| Baking powder | ¼ tsp | | 4 tsp | |
| Baking soda | ⅓ tsp | | 1 tsp | |
| Salt | ⅓ tsp | | 1 tsp | |
| Cinnamon | ⅔ tsp | | 2 tsp | |
| Yogurt | ⅓ cup | | 1 cup | |
| Skim Milk | ⅓ cup | | 1 cup | |
| Vegetable oil | 1 ⅓ Tbsp | | 4 Tbsp | |
| Egg, medium-large | 1 | | 2 | |
| Shredded Apple | 1 cup | ¾ lbs, ~3 medium apples | 3 cup | 3 lbs, ~9 medium apples |

Directions:

1. Shred apples with a cheese grater or a food processor with a grating blade.
2. In a large bowl, mix together the oats, flours, sugar, baking powder, baking soda, salt, and cinnamon.
3. In a medium bowl, whisk together the skim milk, yogurt, oil, egg(s). Last, stir in the shredded apples.

4. Stir the wet apple mixture into the dry mixture until just moistened. The batter will be lumpy.

To Bake:

5. Preheat the oven to 400 degrees F. Grease 12 standard-muffin cups or line with paper liners.
6. Portion the batter into the muffin cups. Fill each cup $\frac{2}{3}$ full.
7. Bake until the muffins are brown and a toothpick inserted in the center comes up clean, about 20 to 25 minutes.
8. Remove the muffins from the pan and cool on wire racks.

Substitutions:

1. Replace rolled oats with the same amount of instant oats
2. If yogurt plus milk is not available, substitute buttermilk OR 1 cup milk plus 2 tablespoons vinegar/lemon juice.

Tips:

1. A medium size apples is about the size of a tennis ball

Serving Sizes for **Breakfast**

| Age Group | Serving Size |
|-----------|----------------------|
| Ages 1-2 | $\frac{1}{2}$ muffin |
| Ages 3-5 | 1 muffin |

NOTE: The number of servings is based on 1 muffin portions for Ages 3-5; Number of servings may increase or decrease based on the ages of the children served and the amount served. This recipe provides $\frac{1}{4}$ cup of fruit and 0.9 oz equivalent of grains per portion.