

Oatmeal Muffin Squares

Grains/Breads

Grains/Breads

B-20

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Rolled oats	8 oz	3 cups	1 lb	1 qt 2 cups	1. Place oats in a stainless steel bowl and pour hot water over them. Let stand 20 minutes. Do not drain.
Water, hot		3 ½ cups		1 qt 3 cups	
Enriched all-purpose flour	1 lb 3 oz	1 qt ¼ cup	2 lb 6 oz	2 qt ¾ cup	2. Combine flour, baking soda, cinnamon, nutmeg, and salt in a bowl.
Baking soda		1 ¼ tsp		2 ½ tsp	
Ground cinnamon		1 ¼ tsp		2 ½ tsp	
Ground nutmeg		1 ¼ tsp		2 ½ tsp	
Salt		1 ¼ tsp		2 ½ tsp	
Margarine or butter	6 oz	¾ cup	12 oz	1 ½ cups	3. In a separate mixing bowl, using a paddle attachment, beat the margarine or butter and sugars for 10 minutes. Scrape down the sides of the bowl. Add the vanilla, egg whites, yogurt, and applesauce. Beat for 3 minutes.
Brown sugar, packed	1 lb 2 oz	2 ¼ cups	2 lb 4 oz	1 qt ½ cup	
Sugar	1 lb 2 oz	2 ¼ cups	2 lb 4 oz	1 qt ½ cup	
Vanilla		2 ½ tsp		1 Tbsp 2 tsp	
Frozen egg whites, thawed OR Fresh large egg whites	9 oz	1 cup 2 Tbsp OR 7 each	1 lb 2 oz	2 ¼ cups OR 14 each	
Lowfat plain yogurt	2 oz	¼ cup	4 oz	½ cup	4. Add the oat mixture and blend for 1 minute on low speed. Add the flour mixture and blend for 1 minute. Scrape down the sides of the bowl.
Canned applesauce	2 oz	¼ cup	4 oz	½ cup	
Rolled oats	3 oz	1 cup 2 Tbsp	6 oz	2 ¼ cups	5. For topping: Combine rolled oats, flour, brown sugar, and margarine or butter and mix until crumbs are size of small peas.
Enriched all-purpose flour	1 oz	¼ cup	2 oz	½ cup	
Brown sugar, packed	2 oz	¼ cup	4 oz	½ cup	
Margarine or butter	2 oz	¼ cup	4 oz	½ cup	

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	6. Lightly coat each steamtable pan (12" x 20" x 2 1/4") with pan release spray. Pour 3 qt 1/2 cup (7 lb 7 oz) batter into each pan and spread evenly. Sprinkle 1 3/4 cups of topping over each pan. For 50 servings, use 1 pan. For 100 servings, use 2 pans.
	7. 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
	8. Cut each pan 5 x 10 (50 pieces per pan).

SERVING:	YIELD:	VOLUME:
1 piece provides 1 serving of grains/breads.	50 Servings: about 7 lb 1 oz 1 steamtable pan	50 Servings: about 3 quarts 1/2 cup (batter) 50 pieces
	100 Servings: about 14 lb 2 oz 2 steamtable pans	100 Servings: about 1 gallon 2 1/4 quarts (batter) 100 pieces

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Variation:
A. Peach Muffin Squares

In step 6, refrigerate batter (already in pans) for 1 hour prior to adding topping. Spread 3 lb 2 oz of canned, sliced peaches (drained) over each pan. (Fruit may be pureed.) Sprinkle 1 3/4 cups of topping over fruit. Bake as directed.

B. Blueberry Muffin Squares

In step 6, refrigerate batter (already in pans) for 1 hour prior to adding topping. Spread 3 lb 2 oz of frozen blueberries (thawed and drained) over each pan. (Fruit may be pureed.) Sprinkle 1 3/4 cups of topping over fruit. Bake as directed.

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Nutrients Per Serving					
Calories	185	Saturated Fat	0.86 g	Iron	1.08 mg
Protein	2.87 g	Cholesterol	0 mg	Calcium	20 mg
Carbohydrate	34.51 g	Vitamin A	163 IU	Sodium	146 mg
Total Fat	4.23 g	Vitamin C	0.1 mg	Dietary Fiber	1.0 g