

RASPBERRY LEMON MUFFIN

These Raspberry Lemon Muffins provide the perfect balance of sweet and tart flavors for a delicious start to the day.



PORTION SIZE: 1 muffin

CREDITING: One portion provides 1 oz eq. whole grain.



| INGREDIENTS | 72 SERVINGS | DIRECTIONS |
|--|------------------|--|
| Flour, whole wheat | 1 quart, 2 cups | 1. Preheat the oven to 350 °F. Line the bottoms of a muffin pan with muffin liner papers. 2. Sift together the flours, baking powder and salt into one bowl. 3. Add the oats and mix these dry ingredients together. 4. In another bowl, whisk together the yogurt, 1 cup of the sugar, eggs, oil, lemon zest and vanilla. 5. Slowly whisk the dry ingredients into the wet ingredients. |
| Flour, all-purpose enriched/bleached | 3 cups | |
| Baking powder | ¼ cup | |
| Salt, table | 1 tablespoon | |
| Oats | 1 cup | |
| Yogurt, Greek, plain, nonfat | 1 quart, 2 cups | |
| Sugar, white | 2 cups (divided) | |
| Eggs, liquid, whole | 3 cups | |
| Oil, canola | 3 cups | |
| Lemon zest | ¼ cup | 6. Fold the raspberries into the batter. 7. Pour the batter into the prepared pan and bake for about 50 minutes, or until a cake tester placed in the center of the muffin comes out clean. |
| Vanilla | 1 tablespoon | |
| IQF whole Washington red raspberries, frozen, unthawed | 2 cups | 8. Meanwhile, cook 2 cups of lemon juice and the remaining 1 cup of sugar in a pan until the sugar dissolves and the mixture is clear. Set aside for top of muffins. 9. While muffins are still warm pour the mixture over the muffins and let cool. |
| Lemon juice | 2 cups | |

| NUTRITION INFORMATION | | | 1 serving = 1 muffin | | |
|-----------------------|---------|------|----------------------|--------|------|
| NUTRIENTS | AMOUNT | UNIT | NUTRIENTS | AMOUNT | UNIT |
| Calories | 256.713 | | Total Carbohydrate | 36.135 | (g) |
| Total Fat | 12.128 | (g) | Dietary Fiber | 1.605 | (g) |
| Saturated Fat | 1.921 | (g) | Total Sugars | 23.514 | (g) |
| Cholesterol | 1.921 | (mg) | Vitamin D | 0 | (IU) |
| Sodium | 209.749 | (mg) | Calcium | 89.969 | (mg) |
| Protein | 4.22 | (g) | Iron | 0.914 | (mg) |

NOTES

YIELD/VOLUME

7 pounds, 1 ¼ ounces
 Makes 72 small muffins.

SOURCE

Mount Baker School District

