

HARVEST MUFFINS

YIELD: 100 muffins (3 oz muffin per serving)

Chef Sam Icklan

These muffins feature shredded zucchini, carrots, and unsweetened applesauce, a delicious combination that provides healthy nutrients and helps these muffins stay soft and tasty longer! If making muffins from scratch is not in the cards for you, use can substitute your favorite whole grain muffin mix for the batter and still feature the same spices and fresh ingredients. Bake them in muffin tins, loaves or on sheet pans, they're great however you slice them.

INGREDIENTS

- 12.5 cups AP flour
- 12.5 cups whole wheat flour
- 2.75 TSBP salt
- 2.75 TBSP baking soda
- 2.75 TBSP baking powder
- ½ cup ground cinnamon
- 2 tsp ground nutmeg
- 25 eggs
- 1 quart vegetable oil
- 1 quart unsweetened apple sauce
- 1 quart low-fat yogurt
- 4 cups brown sugar, packed
- 6.25 cups honey
- 1/3 cup vanilla extract
- 12.5 cups shredded zucchini
- 12.5 cups shredded carrots
- 8 cups raisins (optional)

DIRECTIONS

1. Preheat oven to 350 ° F.
2. In a stand mixer fitted with the paddle attachment, whisk together all dry ingredients: flours, salt, baking soda, baking powder, cinnamon and nutmeg.
3. In a separate bowl, whisk together all wet ingredients: eggs, vegetable oil, apple sauce, yogurt, brown sugar, honey and vanilla extract.
4. Pour wet ingredients into dry ingredients, and mix until ingredients are fully incorporated. Fold in zucchini, carrots and raisins (if using). Be careful not to overmix batter.
5. Evenly portion muffin batter into muffin tins lined with paper baking cups. Bake in oven for 15-18 minutes, rotating muffins halfway through baking time. Muffins are done when a toothpick inserted into the center of the muffin comes out clean.

RECIPE NOTES - HARVEST MUFFINS

Recipe credits as 2 oz. grain equivalent

Nutritional information per serving*: 361 calories; 1.3 g sat. fat; 143 mg sodium; 62.7 g carbohydrate

** nutrient data and allergen information may vary depending on the specific ingredients and equipment used in your location.*