



Harvest Muffins

Makes: 50 Servings

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Ingredients	Weight	Measure
Whole wheat flour		4 cups 8 tsp
All-purpose flour		6 1/4 cup
Rolled oats		4 cups 8 tsp

powder	1/2 tsp
Table salt	4 tsp
Cinnamon	6 1/4 tsp
Ground nutmeg	1 tsp
Frozen sweet potatoes	4 cups 8 tsp
Fresh buttermilk	4 cups 8 tsp
Whole egg, liquid	2 cups 4 tsp
Brown sugar, packed	4 cups 8 tsp
Vegetable oil	3/4 cup 1/2 Tbsp

	4 apples
Red delicious apples	
Vanilla extract	4 tsp

Directions

1. Preheat convection oven to 300 degrees F; standard oven to 350 degrees.
2. Bake or steam sweet potatoes for 5-8 minutes until soft and internal temperature is 145 degrees F. Whip potatoes until smooth.
3. Peel, core and chop apple(s).
4. Combine whole wheat flour, all-purpose flour, oats, baking powder, salt, cinnamon and nutmeg. Mix well.
5. In a separate bowl, combine sweet potatoes, sugar, buttermilk, eggs, and vegetable oil. Slowly add the wet ingredients to the dry ingredients. Mix an additional 20 seconds until batter is smooth.
6. Fold in chopped apple and vanilla. DO NOT OVERMIX.
7. Spoon batter into paper lined or lightly sprayed muffin cups (#8 scoop of batter mixture per muffin cup).
8. Bake: Convection oven: 15-17 minutes. Rotate muffins one-half turn after 5 minutes of baking. Standard oven: 20-22 minutes

Source: Tohickon Middle School (Recipes for Healthy Kids Competition)