



Mega-Cheese Muffin



Mega-Cheese Muffin — Quick Scratch Preparation

Recipe HACCP Process: #2 Same Day Service

Meal Pattern Crediting (1 serving): 0.5 Dairy M/MA, 0.5 M/MA, 1 Grain

Portion Size: 1 muffin

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Whole wheat muffin mix, prepared	48 oz.	1 quart + 3 oz.	96 oz.	3 quarts	<ol style="list-style-type: none"> 1. Preheat oven. 2. Prepare muffin batter according to manufacturer's recommendations. 3. In a large bowl combine shredded cheese, onion powder, garlic powder and prepared muffin batter. (See photo #1)
Cheddar cheese, reduced fat, reduced sodium, shredded	12 oz.	3 cups	24 oz.	1 quart + 2 cups	
Onion powder	7 g.	2 tsp.	14 g.	4 tsp.	
Garlic powder	7 g.	2 tsp.	14 g.	4 tsp.	
Pan-release spray	48 g.	to coat pan	96 g.	to coat pan	<ol style="list-style-type: none"> 4. Spray a 4 oz. muffin pan with pan-release spray. 5. Using a #16 disher, place 2 oz. of muffin batter in each tin. (See photo #2)
Eggs, liquid	12 oz.	1 1/2 cups (3 shell eggs)	24 oz.	3 cups (6 shell eggs)	<ol style="list-style-type: none"> 6. Press down center of muffin batter, making a small well in the center. Place 1 tablespoon (1/2 oz.) of liquid egg in the well of the batter in each muffin tin. (See photo #3) 7. Bake at 375°F for 15 – 18 minutes in a conventional oven (or at 350°F for 12 – 15 minutes in a convection oven) or until golden brown. CCP: Minimum internal temperature should reach 165°F. 8. CCP: Hold and serve at 135°F or above. Alternatively, chill and store frozen for up to 30 days.

* For cheese, measure weight equivalent according to manufacturer instructions.

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Comments
Batter can be prepped in advance and held refrigerated for up to 8 hours.
For best results, use a 4 oz. muffin pan.
Diced vegetables (such as bell peppers or broccoli) can be added to the muffin batter if desired.
For nutritional analysis, we used Simple Mornings™ muffin mix. Other brands such as General Mills also can be used successfully with this recipe.
For more flavor, a “ranch” seasoning blend may be added: (for 24 servings) 2 teaspoons each dried dill, garlic powder, and onion powder, plus 1 teaspoon dried basil.
Ground sausage may be used in place of egg, in equal amounts. (Ranch seasoning not recommended when using sausage.)
For more color, sprinkle top of muffins with red pepper flakes or paprika.

Nutrients Per Serving—Analyzed using NutriKids software					
Calories	203	Saturated Fat	4.13 g	Iron	0.55 mg
Protein	6.17 g	Cholesterol	80.95 mg	Calcium	135.94 mg
Carbohydrate	21.79 g	Vitamin A	235.64 IU	Sodium	266.16 mg
Total Fat	9.61 g	Vitamin C	0.22 mg	Dietary Fiber	0.80 g

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Photo #1



Photo #2



Photo #3

