

Corn and Wheat Muffins

Ingredients	12 Muffins (12 servings)		96 Muffins (96 servings)		Directions
	Weight	Measure	Weight	Measure	
					1. Preheat the oven to 375° F. Line muffin tins or spray them with cooking spray.
Cornmeal, yellow, enriched	5 1/2 oz	1 cup	3 lb 4 oz	8 cups	2. Combine the cornmeal, whole wheat flour, baking powder, and salt in a large mixing bowl.
Flour, whole wheat	4 1/4 oz	1 cup	2 lb 2 oz	8 cups	
Baking powder	1/3 oz	2 tsp	2 2/3 oz	3 tbsp 1 tsp	
Table salt		1/2 tsp	3/4 oz	4 tsp	
Milk, skim	8 oz	1 cup	4 lb	2 qt	3. In a separate bowl, combine the milk, egg(s), honey, and oil. Add this mixture to the cornmeal mixture (from step 2). Stir together by hand or on low speed in a mixer until evenly moistened.
Eggs, large	2 oz	1 each	1 lb	8 each	
Honey	3 oz	1/4 cup	1 lb 8 oz	2 cups	
Oil, olive or canola	1 oz	2 tbsp	8 oz	1 cup	
					4. Use a No. 16 scoop to portion the batter into the prepared muffin tins. Bake until golden brown, 15 to 20 minutes. Cool in the pans on racks before removing the muffins from the tins. Serve warm or room temperature.



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Recipe Notes:

Serving Notes:

One serving (1 muffin) is 1 3/4 servings bread (not whole grain).

	12 Servings	96 servings
Total Weight:	1 lb 11 oz	12 lb
Total Volume		
Serving Size (weight):	2 oz	2 oz
Serving Size (volume):		

Nutrients Per Serving					
Calories	140	Saturated Fat	0 g	Iron	1 mg
Protein	4 g	Cholesterol	15 mg	Calcium	153 mg
Carbohydrate	25 g	Vitamin A-RE	18 mcg	Sodium	190 mg
Total Fat	3 g	Vitamin C	>1 mg	Dietary Fiber	2 g

