

Whole Grain Rich Blueberry Muffins

Breakfast

SERVING SIZE: 1 Muffin

NUMBER OF SERVINGS: 54

MEAL PATTERN CONTRIBUTION: 1 oz eq Grain

Ingredients and Instructions

Flour, All Purpose	1 Pound 8 ounces
Flour, Whole Wheat	1 Pound 8 ounces
Sugar, Granulated	4 ½ Cups
Salt	1 Tbsp
Baking Powder	4 Tbsp
Oil, Canola	2 Cups
Eggs, Large	6 each
Milk	2 Cups
Blueberries	6 Cups

1. Using a mixer; place the eggs, oil and milk into the bowl first and then add the rest of the ingredients except for the blueberries. Using a paddle attachment mix on medium speed until combined.
2. Gently mix in the blueberries.
3. Using a #16 blue handled portion control disher deposit a level scoop into each cup of your greased muffin pan.
4. Place the muffins in a 350 degree convection oven for 16-20 minutes.