



GENERAL MILLS
Convenience
& Foodservice

WHOLE GRAIN-RICH Muffins Made Easy

TRADITIONAL MUFFINS MADE IN CONVENIENT SQUARES

**FRESHLY
BAKED**



6 Great Recipes



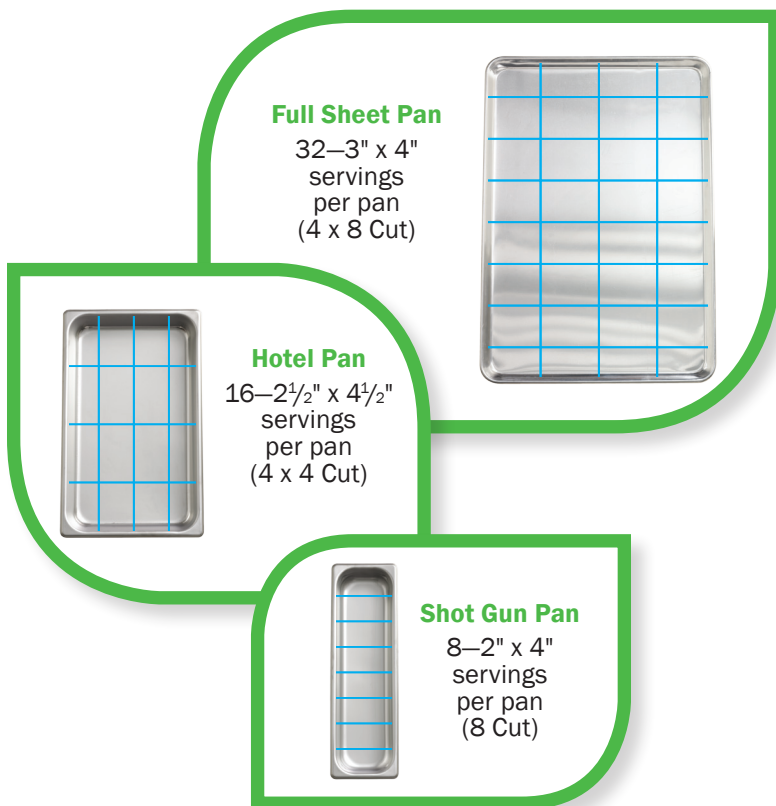
WHOLE GRAIN-RICH† Muffins Made Easy

Whole Grain-Rich Muffins that your patrons will love and that are easy to make!

These delicious whole grain-rich muffin recipes are available in a traditional muffin format or easy-to-make muffin squares.

Cycle these 6 recipes throughout the month to create excitement with your muffin program!

How to Cut Convenient Muffin Formats



Product	GTIN	USF
Gold Medal® ZT Whole Grain Variety Muffin Mix - 6/5# boxes	10016000315294	5934179

†At least 48 grams of whole grain recommended daily.



BEFORE Your Muffins Made Easy Program Begins

- Check your inventory of Gold Medal® ZT Whole Grain Variety Muffin Mix and any other products you may need for the recipes provided.
- The product and vendor numbers are included in the table below for your convenience.
- Brief your staff about the Muffins Made Easy Program.
- Assign staff to bake a few muffins or squares to practice and offer samples during breakfast or lunch to get your patrons excited about this great new program.

MANAGING Your Muffins Made Easy Program

It's easy to get started! Here's how:

- Prepare any of the 6 delicious recipes in this guide.
- Include the muffins or squares on your breakfast and lunch menus.
- Make sure you have a variety of muffins and squares available to keep patrons satisfied.
- Baked muffins and muffin squares freeze well. You can freeze full pans of muffin squares or cut them before freezing. (Be sure to wrap them well.) This makes it easy to always have a variety of muffins/muffin squares on hand.



Raisin Spice Whole Grain-Rich Muffin Squares

Yield: 32 servings (1 serving = 2 oz eq, ¼ cup fruit)
SEE NUTRITION INFORMATION FOR SATURATED FAT CONTENT

INGREDIENTS	WEIGHT	MEASURE
Water, cool (72°F)	2 lb	4 cups
Gold Medal® ZT Whole Grain Variety Muffin Mix (31529)	5 lb	1 box
Cinnamon, ground	1 oz	¼ cup
Allspice, ground		2 tsp
Nutmeg, ground		2 tsp
Apples, canned, water packed, drained, chopped	1 lb 12 oz	4 cups
Raisins	10 oz	2 cups
Oats, quick cook or old fashion	2 oz	½ cup
TOTAL WEIGHT	9 LB 9 OZ	5 QT

Directions

- Pour** total amount of water into a mixing bowl.
- Add** muffin mix and spices. Mix using a rubber spatula until blended. **Do not over mix.**
- Fold** chopped apples and raisins into batter.
- Deposit** batter into 1 greased or parchment-lined full sheet pan or 2 two-inch hotel pans or 4 “shot gun” pans. Batter can also be deposited using a #6 scoop into paper-lined or greased jumbo muffin pans for jumbo muffins.
- Sprinkle** oats across batter before baking.

BAKE	Full Sheet	Hotel Pans	Shot Gun Pans	Jumbo Muffins
Convection Oven* 350°F	15-22 mins	16-20 mins	14-17 mins	19-23 mins
Standard oven 400°F	22-26 mins	20-24 mins	17-21 mins	23-27 mins

*Rotate pans baked in convection oven one-half turn (180°) after 8 minutes of baking.

NUTRITION:

(Values calculated using weights of ingredients.)

1 serving (2 oz eq): Calories 350 (Calories from Fat 80); Total Fat 9g (Saturated Fat 4.5g; Trans Fat 0g); Cholesterol 25mg; Sodium 420mg; Total Carbohydrate 63g (Dietary Fiber 3g; Sugars 8g); Protein 4g

% Daily Value: Vitamin A 0%; Vitamin C 0%; Calcium 0%; Iron 6%

Contains 35g of whole grain per 2 oz eq serving.



Whole Grain-Rich[†] Cocoa Banana Muffin Squares

Yield: 32 servings (1 serving = 2 oz eq, ¼ cup fruit)
SEE NUTRITION INFORMATION FOR SATURATED FAT CONTENT

INGREDIENTS	WEIGHT	MEASURE
Water, cool (72°F)	2 lb 8 oz	4½ cups
Bananas, ripe, mashed	2 lb 2 oz	4 cups
Cocoa powder, unsweetened	1.25 oz	½ cup
Gold Medal® ZT Whole Grain Variety Muffin Mix (31529)	5 lb	1 box
Chocolate chips, semi-sweet	13 oz	2 cups
TOTAL WEIGHT	10 LB 8.25 OZ	5 QT

Directions

- Pour** total amount of water into a mixing bowl.
- Add** bananas and cocoa powder and mix with wire whisk until blended well.
- Add** muffin mix. Mix using a rubber spatula until blended. **Do not over mix.**
- Fold** in chocolate chips.
- Deposit** batter into 1 greased or parchment-lined full sheet pan or 2 two-inch hotel pans or 4 “shot gun” pans. Batter can also be deposited using a #6 scoop into paper-lined or greased jumbo muffin pans for jumbo muffins.

BAKE	Full Sheet	Hotel Pans	Shot Gun Pans	Jumbo Muffins
Convection Oven* 350°F	16-20 mins	17-21 mins	16-20 mins	19-24 mins
Standard oven 400°F	20-24 mins	21-25 mins	20-24 mins	24-29 mins

*Rotate pans baked in convection oven one-half turn (180°) after 8 minutes of baking.

NUTRITION:

(Values calculated using weights of ingredients.)

1 serving (2 oz eq): Calories 400 (Calories from Fat 110); Total Fat 13g (Saturated Fat 7g; Trans Fat 0g); Cholesterol 25mg; Sodium 420mg; Total Carbohydrate 66g (Dietary Fiber 3g; Sugars 10g); Protein 4g

% Daily Value: Vitamin A 0%; Vitamin C 2%; Calcium 0%; Iron 6%

Contains 34g of whole grain per 2 oz eq serving.



[†]At least 48 grams of whole grain recommended daily.



Whole Grain-Rich[†] Cranberry Peach Muffin Squares

Yield: 32 servings (1 serving = 2 oz eq, ¼ cup fruit)
SEE NUTRITION INFORMATION FOR SATURATED FAT CONTENT

INGREDIENTS	WEIGHT	MEASURE
Water, cool (72°F)	2 lb	4 cups
Gold Medal® ZT Whole Grain Variety Muffin Mix (31529)	5 lb	1 box
Nutmeg		2 tsp
Peaches, canned, drained, chopped	2 lb 4 oz	4 cups
Cranberries, dried	11 oz	2 cups
Sugar, coarse	4 oz	½ cup
TOTAL WEIGHT	10 LB 3 OZ	5 QT ½ CUP

Directions

- Pour** total amount of water into a mixing bowl.
- Add** muffin mix and nutmeg. Mix using a rubber spatula until blended. **Do not over mix.**
- Fold** in peaches and cranberries and stir until batter is smooth. **Note:** batter will be thick.
- Deposit** batter into 1 greased or parchment-lined full sheet pan or 2 two-inch hotel pans or 4 “shot gun” pans. Batter can also be deposited using a #6 scoop into paper-lined or greased jumbo muffin pans for jumbo muffins.
- Sprinkle** coarse sugar evenly over batter.

BAKE	Full Sheet	Hotel Pans	Shot Gun Pans	Jumbo Muffins
Convection Oven* 350°F	18-22 mins	19-23 mins	17-21 mins	20-24 mins
Standard oven 400°F	22-26 mins	23-27 mins	21-25 mins	24-28 mins

*Rotate pans baked in convection oven one-half turn (180°) after 9 minutes of baking.

NUTRITION:

(Values calculated using weights of ingredients.)

1 serving (2 oz eq): Calories 360 (Calories from Fat 80); Total Fat 9g (Saturated Fat 4.5g; Trans Fat 0g); Cholesterol 25mg; Sodium 420mg; Total Carbohydrate 66g (Dietary Fiber 3g; Sugars 13g); Protein 4g

% **Daily Value:** Vitamin A 2%; Vitamin C 0%; Calcium 0%; Iron 4%

Contains 34g of whole grain per 2 oz eq serving.



Whole Grain-Rich[†] Banana Berry Muffin Squares

Yield: 32 servings (1 serving = 2 oz eq, ⅓ cup fruit)
SEE NUTRITION INFORMATION FOR SATURATED FAT CONTENT

INGREDIENTS	WEIGHT	MEASURE
Bananas, ripe, mashed	2 lb 2 oz	4 cups
Water, cool (72°F)	2 lb	4 cups
Gold Medal® ZT Whole Grain Variety Muffin Mix (31529)	5 lb	1 box
IQF Blueberries	10 oz	2 cups
TOTAL WEIGHT	9 LB 12 OZ	5 QT

Directions

- Pour** total amount of water into a mixing bowl.
- Add** bananas and muffin mix. Mix using a rubber spatula until blended. **Do not over mix.**
- Fold** blueberries into batter.
- Deposit** batter into 1 greased or parchment-lined full sheet pan or 2 two-inch hotel pans or 4 “shot gun” pans. Batter can also be deposited using a #6 scoop into paper-lined or greased jumbo muffin pans for jumbo muffins.

BAKE	Full Sheet	Hotel Pans	Shot Gun Pans	Jumbo Muffins
Convection Oven* 350°F	18-22 mins	16-20 mins	14-18 mins	20-24 mins
Standard oven 400°F	22-26 mins	20-24 mins	18-22 mins	24-28 mins

*Rotate pans baked in convection oven one-half turn (180°) after 9 minutes of baking.

Tip: Substitute 2 cups of other IQF fruit, such as mangos, pineapple or peaches for blueberries, if desired.

NUTRITION:

(Values calculated using weights of ingredients.)

1 serving (2 oz eq): Calories 330 (Calories from Fat 80); Total Fat 9g (Saturated Fat 4.5g; Trans Fat 0g); Cholesterol 25mg; Sodium 420mg; Total Carbohydrate 59g (Dietary Fiber 3g; Sugars 4g); Protein 4g

% **Daily Value:** Vitamin A 0%; Vitamin C 2%; Calcium 0%; Iron 4%

Contains 34g of whole grain per 2 oz eq serving.



[†]At least 48 grams of whole grain recommended daily.



Apple Cinnamon Whole Grain-Rich[†] Muffin Squares

Yield: 32 servings (1 serving = 2 oz eq, 1/8 cup fruit)
SEE NUTRITION INFORMATION FOR SATURATED FAT CONTENT

Whole Grain-Rich[†] Blueberry Muffin Squares

Yield: 32 servings (1 serving = 2 oz eq, 1/8 cup fruit)
SEE NUTRITION INFORMATION FOR SATURATED FAT CONTENT

INGREDIENTS	WEIGHT	MEASURE
Cinnamon, ground	1 oz	1/4 cup
Gold Medal® ZT Whole Grain Variety Muffin Mix (31529)	5 lb	1 box
Apples, canned, water packed, drained, chopped	1 lb 12 oz	4 cups
Water, cool (72°F)	2 lb	4 cups
TOTAL WEIGHT	8 LB 13 OZ	4 QT 2 CUPS

Directions

- Pour** total amount of water into a mixing bowl.
- Add** muffin mix and cinnamon. Mix using a rubber spatula until blended. **Do not over mix.**
- Fold** chopped apples into batter.
- Deposit** batter into 1 greased or parchment-lined full sheet pan or 2 two-inch hotel pans or 4 “shot gun” pans. Batter can also be deposited using a #8 scoop into paper-lined or greased jumbo muffin pans for jumbo muffins.

BAKE	Full Sheet	Hotel Pans	Shot Gun Pans	Jumbo Muffins
Convection Oven* 350°F	13-17 mins	14-18 mins	13-17 mins	15-19 mins
Standard oven 400°F	17-21 mins	18-22 mins	17-21 mins	19-23 mins

*Rotate pans baked in convection oven one-half turn (180°) after 7 minutes of baking.

NUTRITION:

(Values calculated using weights of ingredients.)

1 serving (2 oz eq): Calories 310 (Calories from Fat 80); Total Fat 9g (Saturated Fat 4.5g; Trans Fat 0g); Cholesterol 25mg; Sodium 420mg; Total Carbohydrate 54g (Dietary Fiber 2g; Sugars 2g); Protein 3g

% **Daily Value:** Vitamin A 0%; Vitamin C 0%; Calcium 0%; Iron 4%

Contains 34g of whole grain per 2 oz eq serving.

INGREDIENTS	WEIGHT	MEASURE
Water, cool (72°F)	2 lb 12 oz	5 1/2 cups
Gold Medal® ZT Whole Grain Variety Muffin Mix (31529)	5 lb	1 box
Blueberries, frozen, IQF	1 lb 8 oz	4 2/3 cups
TOTAL WEIGHT	9 LB 4 OZ	5 QT

Directions

- Pour** total amount of water into a mixing bowl.
- Add** muffin mix. Mix using a rubber spatula until blended. **Do not over mix.**
- Fold** in blueberries.
- Deposit** batter into 1 greased or parchment-lined full sheet pan or 2 two-inch hotel pans or 4 “shot gun” pans. Batter can also be deposited using a #6 scoop into paper-lined or greased jumbo muffin pans for jumbo muffins.

BAKE	Full Sheet	Hotel Pans	Shot Gun Pans	Jumbo Muffins
Convection Oven* 350°F	15-19 mins	14-18 mins	12-16 mins	19-25 mins
Standard oven 400°F	19-23 mins	18-22 mins	16-20 mins	25-29 mins

*Rotate pans baked in convection oven one-half turn (180°) after 8 minutes of baking.

NUTRITION:

(Values calculated using weights of ingredients.)

1 serving (2 oz eq): Calories 310 (Calories from Fat 80); Total Fat 9g (Saturated Fat 4.5g; Trans Fat 0g); Cholesterol 25mg; Sodium 420mg; Total Carbohydrate 53g (Dietary Fiber 2g; Sugars 3g); Protein 3g

% **Daily Value:** Vitamin A 0%; Vitamin C 0%; Calcium 0%; Iron 4%

Contains 34g of whole grain per 2 oz eq serving.

For additional information, please contact your local General Mills Representative or visit our website www.generalmillsfoodservice.com

