



Oatmeal Muffin Squares

USDA Recipe for Schools

These Oatmeal Muffin Squares provide a delectable variety of flavors from blueberries, spices, bananas, and raisins.

NSLP/SBP CREDITING INFORMATION
1 piece (about 2" x 2³/₈") provides 1/8 cup fruit and 1.5 oz equivalent grains.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Whole-wheat flour	15½ oz	3½ cups	1 lb 15 oz	1 qt 3 cups	1 Set aside 1 oz of flour for step 6. 2 Place flour, oats, baking powder, baking soda, cinnamon, nutmeg, and salt in a commercial mixer (batch as needed). Using a paddle attachment, mix on low speed for 1 minute. Leave dry ingredients in mixer. Set aside for step 5.
Bread flour, enriched	15 oz	3⅓ cups	1 lb 14 oz	1 qt 2⅔ cups	
Oats, rolled, dry	14½ oz	1 qt 1½ cups	1 lb 13 oz	2 qt 3 cups	
Baking powder		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Baking soda		1 Tbsp		2 Tbsp	
Cinnamon, ground		1 Tbsp 1 tsp		2 Tbsp 2 tsp	

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Nutmeg		1 tsp		2 tsp	
Salt		1 tsp		2 tsp	
Eggs, whole, frozen, thawed	10 oz	1¼ cups	1 lb 4 oz	2½ cups	3 Combine egg and sugar in a large bowl. Stir well.
Sugar	8 oz	1 cup	1 lb	2 cups	
*Bananas, fresh, mashed	2 lb 10 oz	1 qt ⅔ cup	5 lb 4 oz	2 qt 1⅓ cups	4 Add mashed bananas, yogurt, and vanilla extract. Stir well.
Yogurt, low-fat	1 lb 8 oz	3 cups	3 lb	1 qt 2 cups	
Vanilla extract		2 Tbsp		¼ cup	
					5 Combine egg mixture with dry ingredients. Mix for 30 seconds on low speed. Beat for 1 minute on medium speed. DO NOT OVERMIX.
Blueberries, frozen, drained	14 oz	2⅔ cups	1 lb 12 oz	1 qt 1⅓ cups	6 Coat blueberries with remaining flour. Fold in blueberries and raisins. Stir well.
Golden raisins	10 oz	1⅓ cups	1 lb 4 oz	2⅔ cups	7 Pour 2 qt (about 4 lb 5 oz) batter into a half steam table pan (12" x 10" x 2½") lightly coated with pan-release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
					8 Bake until golden brown: Conventional oven: 375 °F for 45 minutes. Convection oven: 300 °F for 40 minutes.
					9 Portion: Cut each pan 5 x 5 (25 pieces per pan, each piece about 2" x 2⅜").



NUTRITION INFORMATION

For 1 piece (about 2" x 2¾").

NUTRIENTS	AMOUNT
Calories	171
Total Fat	2 g
Saturated Fat	0 g
Cholesterol	22 mg
Sodium	187 mg
Total Carbohydrate	34 g
Dietary Fiber	3 g
Total Sugars	13 g
Added Sugars included	N/A
Protein	5 g
Vitamin D	5 IU
Calcium	49 mg
Iron	1 mg
Potassium	172 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	50 Servings	100 Servings
Bananas	5 lb	10 lb

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same-Day Service.

YIELD/VOLUME

50 Servings	100 Servings
About 8 lb	About 16 lb
About 1 gal/2 steam table pans (12" x 10" x 2½")	About 2 gal/4 steam table pans (12" x 10" x 2½")

