



# Pumpkin Muffin Squares

## USDA Recipe for Schools

Pureed pumpkin, raisins and spices give our Pumpkin Muffin Squares their distinctly delicious and decadent flavor.

**NSLP/SBP CREDITING INFORMATION**  
**1 piece provides 1 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	<b>1</b> Place flour, baking powder, baking soda, salt, cinnamon, nutmeg, and ginger 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 4.
Enriched bread flour	14½ oz	3¼ cups	1 lb 13 oz	1 qt 2½ cups	
Baking powder		1 Tbsp		2 Tbsp	
Baking soda		2 tsp		1 Tbsp 1 tsp	
Salt		2 tsp		1 Tbsp 1 tsp	
Ground cinnamon		1 Tbsp 1 tsp		2 Tbsp 2 tsp	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Nutmeg		1 tsp		2 tsp	
Ground ginger		1 tsp		2 tsp	
Brown sugar	1 lb 10 <sup>2</sup> / <sub>3</sub> oz	3 <sup>1</sup> / <sub>3</sub> cups	3 lb 5 <sup>1</sup> / <sub>3</sub> oz	1 qt 2 <sup>2</sup> / <sub>3</sub> cups	<b>2</b> Combine sugar and oil in a large bowl.
Canola oil		1 <sup>1</sup> / <sub>2</sub> cups		3 cups	
Frozen whole eggs, thawed	3 oz	<sup>1</sup> / <sub>3</sub> cup	6 oz	<sup>2</sup> / <sub>3</sub> cup	<b>3</b> Add eggs and vanilla extract. Stir well.
Egg whites	6 oz	<sup>2</sup> / <sub>3</sub> cup 1 Tbsp 1 tsp	12 oz	1 <sup>1</sup> / <sub>3</sub> cups 2 Tbsp 2 tsp	
Vanilla extract		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
					<b>4</b> Combine egg mixture with dry ingredients. Mix for 3–5 minutes on low speed. Batter will be lumpy. DO NOT OVERMIX.
Pumpkin, canned	2 lb 8 oz	1 qt <sup>2</sup> / <sub>3</sub> cups	5 lb	2 qt 1 <sup>1</sup> / <sub>3</sub> cups	<b>5</b> Fold in pumpkin and raisins. Stir well.
Raisins	5 oz	<sup>2</sup> / <sub>3</sub> cup	10 oz	1 <sup>1</sup> / <sub>3</sub> cups	
					<b>6</b> Pour 2 qt (about 5 lb 10 oz) batter into a half steam table pan (12" x 10" x 2 <sup>1</sup> / <sub>2</sub> ") lightly coated with pan release spray.  For 50 servings, use 2 pans. For 100 servings, use 4 pans.
					<b>7</b> Bake until golden brown: Conventional oven: 350 °F for 40–45 minutes. Convection oven: 325 °F for 35–40 minutes.
					<b>8</b> Portion: Cut each pan 5 x 5 (25 pieces per pan). Serve 1 piece (about 2" x 2 <sup>3</sup> / <sub>8</sub> ").



**NUTRITION INFORMATION**

For 1 piece.

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>199</b>
<b>Total Fat</b>	<b>7 g</b>
Saturated Fat	1 g
Cholesterol	6 mg
<b>Sodium</b>	<b>190 mg</b>
<b>Total Carbohydrate</b>	<b>31 g</b>
Dietary Fiber	2 g
Total Sugars	17 g
Added Sugars included	N/A
<b>Protein</b>	<b>3 g</b>
Vitamin D	1 IU
Calcium	30 mg
Iron	1 mg
Potassium	133 mg
<b>Meal Components</b>	
Grains	1 oz

N/A=data not available.

**SOURCE**

USDA Standardized Recipes Project.

**NOTES**

Cooking Process #2: Same Day Service.

For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.

**YIELD/VOLUME**

<b>50 Servings</b>	<b>100 Servings</b>
About 8 lb 10 oz	About 17 lb 4 oz
About 1 gal 1¼ cups/2 steam table pans (12" x 10" x 2½")	About 2 gal 2½ cups/4 steam table pans (12" x 10" x 2½")

