



Pumpkin Muffin Squares

USDA Recipe for CACFP

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

CACFP CREDITING INFORMATION

1 piece provides 1 oz equivalent grains.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Whole-wheat flour	7¾ oz	1¾ cups	15½ oz	3½ cups	1 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	7¼ oz	1½ cups 2 Tbsp	14½ oz	3¼ cups	
Baking powder		1½ tsp		1 Tbsp	
Baking soda		1 tsp		2 tsp	
Salt		1 tsp		2 tsp	
Ground cinnamon		2 tsp		1 Tbsp 1 tsp	



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Nutmeg		½ tsp		1 tsp	
Ground ginger		½ tsp		1 tsp	
Brown sugar	13½ oz	1⅓ cups	1 lb 10⅔ oz	3⅓ cups	2 Combine sugar and oil in a large bowl.
Canola oil		¾ cup		1½ cups	
Frozen whole eggs, thawed	1½ oz	2 Tbsp 2 tsp	3 oz	⅓ cup	3 Add eggs and vanilla extract. Stir well.
Egg whites	3 oz	⅓ cup 2 tsp	6 oz	⅔ cup 1 Tbsp 1 tsp	
Vanilla extract		2 tsp		1 Tbsp 1 tsp	
					4 Combine egg mixture with dry ingredients. Mix for 3–5 minutes on low speed. Batter will be lumpy. DO NOT OVERMIX.
Pumpkin, canned	1 lb 4 oz	2⅓ cups	2 lb 8 oz	1 qt ⅔ cups	5 Fold in pumpkin and raisins. Stir well.
Raisins	2½ oz	⅓ cup	5 oz	⅔ cup	
					6 Pour 2 qt (about 5 lb 10 oz) batter into a half steam table pan (12" x 10" x 2½") lightly coated with pan release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					7 Bake until golden brown: Conventional oven: 350 °F for 40–45 minutes. Convection oven: 325 °F for 35–40 minutes.
					8 Portion: Cut each pan 5 x 5 (25 pieces per pan). Serve 1 piece (about 2" x 2⅜").



NUTRITION INFORMATION

For 1 piece.

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

25 Servings	50 Servings
About 4 lb 5 oz	About 8 lb 10 oz
About 2 qt ² / ₃ cup/1 steam table pan (12" x 10" x 2½")	About 1 gal 1¼ cups/2 steam table pans (12" x 10" x 2½")