



## Cranberry Orange Yogurt Muffin Bars

Recipe Type: Breakfast

Meal Components: 1 or 2 oz eq WGR grain

Preparation Time: 25 minutes

Cook Time: 35 minutes

Total Time: 1 hour

Ingredients	48 - 2 oz/96 - 1 oz servings		96- 2 oz/192 - 1 oz servings		Directions
	Weight	Measure	Weight	Measure	
					1. Preheat oven to 325° F convection or 350° F conventional. Prepare full size sheet pans with parchment paper and pan release spray. Use one pan for making 48 (2 oz / 96-1 oz) servings and 2 pans for making 96 (2 oz / 192-1 oz) servings.
Flour, white whole wheat	1 lb 12 oz		3 lb 8 oz		2. Place white whole wheat flour, all-purpose flour, baking powder, cinnamon, baking soda, and salt in a large bowl. Whisk until combined.
Flour, all-purpose	1 lb 12 oz		3 lb 8 oz		
Baking powder		1/4 cup		1/2 cup	
Cinnamon, ground		2 Tbsp + 2 tsp		1/4 cup + 1 Tbsp + 1 tsp	
Baking soda		2 tsp		1 Tbsp + 1 tsp	
Salt		2 tsp		1 Tbsp + 1 tsp	
Yogurt, Greek, fat-free, vanilla		1 qt		2 qt	



Oil, canola		3 cups		1 qt + 1 pint	3. In another large bowl, combine yogurt, oil, sugar, and eggs. Whisk until thoroughly combined. Slowly add orange juice to wet ingredients, whisking to combine.
Sugar, granulated		2 cups		1 qt	
Eggs, liquid or large	1 lb	8 each	2 lb	16 each	
Juice, 100% orange		3 cups		1 qt + 1 pint	
Cranberries, dried	1 lb 6 oz		2 lb 12 oz		4. Add wet ingredients and dried cranberries to dry ingredients. Using a spatula, gently mix ingredients together until just combined. Do not overmix or muffin bars can become tough.
					5. Pour and spread batter evenly into prepared pan(s). Bake for 30-35 minutes or until top is golden brown and a toothpick inserted in the middle comes out clean.
					<b>CCP: No bare hand contact with ready to eat food.</b>
					6. For a 2 oz eq WGR grain serving, cut each pan into 48 pieces. With pan horizontal, make one cut down center of pan. Then cut each half in half, then each quarter in half one more time. Turn pan vertically. Make one cut down center, then cut each half into thirds.
					7. For a 1 oz eq WGR grain serving, cut each pan into 96 pieces. With pan horizontal, make one cut down center of pan. Then cut each half in thirds, then each third in half. Turn pan vertically. Make one cut down center, then cut each half into half, then each quarter into half.



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**Serving:**

If cut into 48 pieces, each serving provides 2 oz eq WGR grain. If cut into 96 pieces, each serving provides a 1 oz eq WGR grain. A 2 oz eq WGR grain serving also provides 1/8 cup fruit.

Portion Size	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
1 oz grain eq	179 kcal	8.14 g	1.01 g	17.05 mg	129.72 mg	24.38 g	2.06 g	10.69 g	3.00 g
2 oz grain eq	48 kcal	359 g	16.27 g	2.01 mg	34.11 mg	259.44 g	48.76 g	4.12 g	21.39 g

Nutrients generated with NUTRIKIDS® Menu Planning and Nutritional Analysis software and should not be used medical conditions or food allergies.