

Apple Cinnamon Streusel Yogurt Muffin Bars

Recipe Type: Breakfast

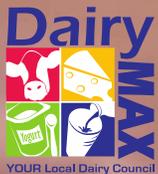
Meal Components: 1 or 2 oz eq WGR grain

Preparation Time: 60 minutes

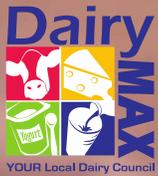
Cook Time: 45 minutes

Total Time: 1 hour 45 minutes

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 use 2 pans for making 96 (2 oz / 192-1 oz) servings.
Optional Streusel					
Butter, unsalted	3 oz	6 Tbsp	6 oz	3/4 cup	2. To make optional streusel, melt butter. Set aside.
Flour, white whole wheat		1 1/4 cup		2 1/2 cups	3. Place flour, brown sugar, granulated sugar, and salt in a medium bowl. Whisk to combine.
Sugar, brown, packed		1/2 cup		1 cup	
Sugar, granulated		3/4 cup		1 1/2 cups	
Salt		1/2 tsp		1 tsp	
					4. Add melted butter to dry ingredients and mix together. Break up big clumps, but do not overmix. Finished texture should resemble small clumps of sand. Set aside.



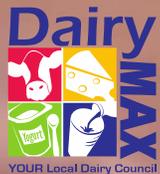
					CCP: Hold at 41° F or below.
Muffin Bars					
Flour, white whole wheat	1 lb 12 oz		3 lb 8 oz		5. Place white whole wheat flour, all-purpose flour, baking powder, cinnamon, baking soda, and salt in a large bowl. Whisk until combined.
Flour, all-purpose	1 lb 12 oz		3 lb 8 oz		
Baking powder		1/4 cup		1/2 cup	
Cinnamon, ground		1/4 cup		1/2 cup	
Baking soda		2 tsp		1 Tbsp + 1 tsp	
Salt		2 tsp		1 Tbsp + 1 tsp	
Yogurt, Greek, fat-free, vanilla		1 qt		2 qt	6. In another large bowl, combine yogurt, brown sugar, oil, milk, and eggs. Whisk until thoroughly combined.
Sugar, brown, packed		3 cups		1 qt + 1 pint	
Oil, canola		3 cups		1 qt + 1 pint	
Milk, low-fat		3 cups		1 qt + 1 pint	
Eggs, liquid or large	1 lb	8 each	2 lb	16 each	
Apples, 1/2" dice		2 quarts		1 gal	



					7. Add wet ingredients to dry ingredients. Using a spatula, gently mix ingredients until just combined. Add apples and gently fold. Do not overmix, or muffin bars can become tough.
					8. Pour and spread batter evenly into prepared pan(s). Sprinkle streusel evenly on top of batter.
					9. Bake for 40-45 minutes or until top is golden brown and a toothpick inserted in the middle comes out clean.
					CCP: No bare hand contact with ready to eat food.
					10. For a 2 oz eq 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.
					11. 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.

Notes:
Streusel topping is optional.
2 lb 3 oz AP apples yields 2 quarts 1/2" diced.

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.



Portion Size	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
1 oz eq grain	196 kcal	8.52 g	1.22 g	18.07 mg	147.67 mg	27.55 g	2.13 g	12.47 g	3.52 g
2 oz eq grain	392 kcal	17.04 g	2.44 g	36.14 mg	295.34 mg	55.09 g	4.26 g	24.94 g	7.05 g

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