

Grains
HACCP: Non-Hazardous/Other

Healthier Kansas Recipe 127
USDA B-09, modified

| Ingredients | 24 Servings | | 12 Servings | | Directions |
|-----------------------|-------------|----------------|-------------|------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | Weight | Measure | Weight | Measure | |
| Flour, whole wheat | | 1 ¼ cup | | ⅔ cup | <ol style="list-style-type: none"> Blend flour, cornmeal, sugar, baking powder, and salt in mixer for 1 minute on low speed. Mix eggs, milk, and oil. Add to dry ingredients and blend for 30 seconds on low speed. Beat until dry ingredients are moistened for 2-3 minutes on medium speed. DO NOT OVERMIX. Batter will be lumpy. *For ½ large egg, beat one egg in a bowl and pour half (about 1 ⅓ Tbsp) in with the other ingredients. Portion #30 scoop (about 2 Tbsp) of batter into each muffin cup sprayed with pan release spray or lined with a paper liner. <i>Note</i> : Could also be baked into squares: - 24 servings - one 9x13" pan cut 6 x 4 - 12 servings - one 8x8" pan cut 3 x 4 Bake until lightly browned: *Conventional oven: 375° F for 16-20 minutes. *Convection oven: 350° F for 12-16 minutes. |
| Cornmeal, whole grain | | 1 ¼ cup | | ⅔ cup | |
| Sugar | | ¼ cup | | 2 Tbsp | |
| Baking Powder | | 2 tsp | | 1 tsp | |
| Salt | | ½ tsp | | ¼ tsp | |
| Eggs, whole, raw | | 1 large | | 1 small OR ½ large* | |
| Milk, lowfat | | 1 ⅓ cup | | ⅔ cup | |
| Vegetable Oil | | 2 Tbsp + 2 tsp | | 1 Tbsp + 1 tsp | |
| Pan Release Spray | | As Needed | | As Needed | |

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| Serving Size 1 mini muffin (or 1 square) | Crediting Information ¾ oz eq Grains |
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Healthier Kansas Menus – CACFP

Nutrients Per Serving

| | | | | | |
|---------------|----------|-----------------|---------|-------------|----------|
| Calories | 74 | Vitamin A | 36.3 IU | Iron | 0.65 mg |
| Protein | 1.74 gm | Vitamin C | 0 mg | Calcium | 37.7 mg |
| Carbohydrate | 12.24 gm | Fiber | 1.18 gm | Cholesterol | 8.09 mg |
| Fat | 2.03 gm | % Fat | 24.67% | Sodium | 57.58 mg |
| Saturated Fat | 0.37 gm | % Saturated Fat | 4.47% | | |



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(6 and 25 servings per recipe)**

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