

Apple Cinnamon Muffins - CACFP

General Information

| Recipe # | Category | Source |
|----------|--|--------|
| 1792730 | Breakfast Entree  | Local |

Ingredients

| Name | Quantity | Quantity + 2 |
|--|----------------|--------------|
| Wheat flour, white, all-purpose, enriched, bleached | 3 ¾ oz. | |
| Wheat flour, whole-grain, soft wheat | 3 ¾ oz. | |
| Sugars, granulated | ¼ c. | |
| Sugars, brown | 3 tbsp. | |
| Leavening agents, baking powder, low-sodium | packed | |
| Salt, table | 1 ½ tsp. | |
| Spices, cinnamon, ground | ¼ tsp. | |
| Egg, whole, raw, fresh | 1 ½ tsp. | |
| Vegetable oil, palm kernel | ¾ large | |
| Milk, White, 1%, Low Fat, Gallon, Hiland Dairy, 13200 | 3 tbsp. | |
| Vanilla extract | ½ c. | |
| Apples, raw, with skin (Includes foods for USDA's Food Distribution Program) | ½ tsp. | |
| Unsweetened Apple Sauce 6/10 | 2 tbsp. slices | |
| | 2 tbsp. | |



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| Serving Size | Yield |
|--------------|-------|
| 1 Each | 6.00 |

Nutrition Facts

Serving Size 1 Each (93 gm)

| Amount Per Serving | % Daily Value* |
|--------------------------------------|----------------|
| Calories 265.317 | |
| Total Fat 8.137 gm | 12.519% |
| Saturated Fat 5.969 gm | 29.847% |
| Trans Fat 0.002* gm | |
| Cholesterol 24.500 mg | 8.167% |
| Sodium 119.908 mg | 4.996% |
| Total Carbohydrate 44.849 gm | 14.95% |
| Dietary Fiber 3.193 gm | 12.772% |
| Total Sugars 17.098 gm | |
| Includes 14.987 * gm of Added Sugars | |
| Protein 5.020 gm | 10.04% |
| Vitamin A 10.141* mcg RAE | 1.127% |
| Vitamin C 4.848* mg | 8.08% |
| Vitamin D 0.375 mcg | 1.875% |
| Calcium 98.179 mg | 9.818% |
| Iron 1.789 mg | 9.937% |
| Potassium 273.999 mg | 5.83% |
| Saturated Fat % of Calories | 20.249% |
| Added Sugar % of Calories | 22.595% |

* Indicates missing Nutrient Information.

^ Indicates user added nutrient.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to the daily diet. 2,000 calories a day is used for general nutrition advice.

Meal Components

| Component | Measurement |
|-----------|-------------|
| Grains | 1 oz |

1. Preheat convection oven to 350 degrees F or conventional oven to 375 degrees F.
2. Line muffin tins with paper cups and set aside.
3. In a small bowl, combine flour, sugars, baking powder, salt and cinnamon. Set aside.
4. In a mixing bowl or mixer using paddle attachment, beat eggs, oil, milk and vanilla until fully incorporated.
5. In saute pan, saute apples for 5 minutes until warm. Stir applesauce and apples into batter.
6. Portion batter into paper-lined muffin tins using #16 scoop or fill 2/3 of the way full.
7. Bake 20-25 minutes or until tester comes out clean. Cool and sprinkle with powdered sugar if desired.

Separate raw animal foods, such as eggs, fish, meat, and poultry, from ready-to-eat foods, such as lettuce, cut melons, and lunch meats during receiving, storage, and preparation.

Food prep areas, equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.

Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.

Remove products from storage using oldest pack date first. If frozen, keep product in original packaging and place in a pan(s). Place in cooler following proper HACCP storage guidelines to

prevent cross-contamination.

CCP: Take and record on a temperature log all beginning temperatures of refrigerated foods before beginning the recipe.

Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.

If a recipe contains a combination of meat products, cook the product to the highest required temperature.

CCP: Heat to 165° F or higher for at least 15 seconds.

Remove product from oven. Caution! Finished product is hot. Use oven mitts when handling product to avoid injury.

CCP: Place product in warming cabinet until served. Ensure that hot food is held at a temperature above 140° F.

CORRECTIVE ACTION HOT FOOD: All cooked food items being held for service that drop below 140 degrees must be removed from service until such time as they are reheated to 165 degrees. Any food not eaten after reheating must be discarded.

CCP: Maximum holding time is two (2) hours. Discard product after maximum holding time is reached. Do not reheat product.

CCP: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

CCP: Record time and internal temperature of completed recipe on daily log.

Dates

Last Updated

05-28-2025

Created

05-02-2025

Added Sugar Limitations

Not applicable.

Vendors

Hiland Dairy Foods 

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