

Banana Cranberry Muffin - NSLP

General Information

Recipe #	Category	Source
1801304	Breakfast Entree 	Local

Ingredients

Name	Quantity	+Quantity 2
Wheat flour, white, all-purpose, enriched, bleached	1 lbs., 14 oz.	
Wheat flour, whole-grain, soft wheat	1 lbs., 14 oz.	
Sugars, granulated	1 pt., ½ c., 2 tbsp., 1 ¾ tsp.	
Leavening agents, baking powder, low-sodium	¼ c.	
Salt, table	2 tsp.	
Egg, whole, raw, fresh	6 large	
Vegetable oil, palm kernel	1 ½ tsp.	
Milk, White, 1%, Low Fat, Gallon, Hiland Dairy, 13200	1 qt.	
Vanilla extract	2 tbsp.	
Bananas, raw	8 medium (7" to 7-7/8" long)	
Dried Cranberries	2 lbs.	

Preparation Instructions

HACCP Process: #3 - Complex Food Preparation

1. Preheat convection oven to 350 degrees F or 375 degrees F if using a conventional oven.
2. Line muffin tins with paper cups and set aside.
3. In a small bowl, combine flour, sugar, baking powder, and salt and set aside.
4. In a mixing bowl or mixer using the paddle attachment beat eggs, oil, milk, vanilla, and bananas together just until moist. Do not overmix. Stir in cranberries.
5. Portion batter into paper-lined muffin tins using a #16 scoop or fill 2/3 full.
6. Bake for 20-25 minutes. Let cool and serve.

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



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Serving Size	Yield
1 Each	48.00

Nutrition Facts

Serving Size 1 Each (112 gm)

Amount Per Serving	
Calories	268.060

		% Daily Value*
Total Fat	1.534 gm	2.36%
Saturated Fat	0.563 gm	2.813%
Trans Fat	0.002* gm	
Cholesterol	24.500 mg	8.167%
Sodium	118.136 mg	4.922%
Total Carbohydrate	59.422 gm	19.807%
Dietary Fiber	4.491 gm	17.965%
Total Sugars	27.912 gm	
Includes 23.705 * gm of Added Sugars		

Protein	5.201 gm	10.401%
Vitamin A	10.590* mcg RAE	1.177%
Vitamin C	1.711* mg	2.852%
Vitamin D	0.375 mcg	1.875%
Calcium	90.468 mg	9.047%
Iron	1.749 mg	9.717%
Potassium	335.731 mg	7.143%

Saturated Fat % of Calories	1.889 %
Added Sugar % of Calories	35.373 %

* 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

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
05-23-2025

Created
05-23-2025

Added Sugar Limitations ⓘ

Not applicable.

Vendors

Hiland Dairy Foods 🇺🇸

Edit Recipe