

Banana Oat Muffins - CACFP

General Information

Recipe #	Category	Source
2033804	Breakfast Entree 	Local

Ingredients

Name	Quantity	Quantity + 2
Bananas, raw	2 medium	
Quaker Old Fashioned Oats	¼ c.	
42 Oz Wheat flour, white, all-purpose, enriched	5 ½ oz.	
Wheat flour, whole-grain, soft wheat	6 ½ oz.	
Sugars, granulated	¾ c.	
Baking powder	1 ½ tsp	
Salt, table	¼ tsp	
Egg, whole, raw, fresh	1	
Vegetable oil, palm kernel	6 TB	
Milk, fluid, nonfat, calcium fortified (fat free or skim)	2/3 c	

Preparation Instructions

HACCP Process: #2 - Same Day Service

1. Preheat the convection oven to 325 degrees F or conventional oven to 350 degrees F.
2. Line muffin tins with paper cups and set aside.
3. Smash bananas in one bowl and add oatmeal. Fold together and let rest for 5 minutes.
4. In a small bowl, combine flour, sugar, baking powder, and salt then set aside.
5. In a mixing bowl or mixer, beat eggs, oil, and milk together until fully incorporated. Gently mix in dry mixture and banana mixture.
6. Portion batter into paper lined muffin tins using a #16 scoop (2oz).
7. Bake for 20-25 minutes until a toothpick inserted comes out clean. 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



Banana Oat Muffins - CACFP

Serving Size	Yield
1 Each	12.00

Nutrition Facts

Serving Size 1 Each (85 gm)

Amount Per Serving		
Calories		242.059
% Daily Value*		
Total Fat	8.370gm	12.877%
Saturated Fat	6.219gm	31.094%
Trans Fat	0.002* gm	
Cholesterol	18.868mg	6.289%
Sodium	54.378mg	2.266%
Total Carbohydrate	39.551gm	13.184%
Dietary Fiber	2.927gm	11.709%
Total Sugars	15.298gm	
Includes 12.475 gm of Added Sugars		
Protein	4.283gm	8.566%
Vitamin A	26.801* mcg RAE	2.978%
Vitamin C	1.503* mg	2.504%
Vitamin D	0.261mcg	1.303%
Calcium	65.911mg	6.591%
Iron	1.429mg	7.937%
Potassium	228.795mg	4.868%
Saturated Fat % of Calories		23.122%
Added Sugar % of Calories		20.615%
* Indicates missing Nutrient Information.		

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.

^ 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

Added Sugar Limitations ⓘ

Not applicable.

Dates

Last Updated	Created
02-02-2026	12-15-2025

Edit Recipe