



Apple Muffin Squares

Quick and easy, these warm apple squares are a great addition to breakfast or lunch!

Author: Adapted from: the WSDA (Washington State Farm to School)

USDA Components: Counts as 1 oz credible grain.

Cooking and prep level: Intermediate.

Ingredients

2 lbs Wheat Flour, all purpose

1 lbs 10 oz Wheat Flour, whole grain

$\frac{3}{4}$ cup Milk, nonfat dry instant

$\frac{1}{2}$ cup + 1 tsp Baking Powder

$\frac{1}{4}$ cup Cinnamon ground

2 cups Sugar, granulated

1 Tbsp + 1 tsp Salt

3 cups Apples, raw with skin, cored and chopped

6 large whole Eggs or $1\frac{1}{3}$ cups frozen Whole Eggs, thawed

1 quart + $1\frac{1}{2}$ cups + 2 tbsp water

$\frac{3}{4}$ cup Oil, vegetable



Instructions

1. Blend all dry ingredients in a mixer or large bowl until combined.
2. Add chopped apples to dry ingredients.
3. In a separate bowl, whisk to combine eggs and water.
4. Add slowly to dry ingredient mixture on low speed. Mix only until dry ingredients are moistened.
5. Slowly add oil while mixing on low speed for approximately 40 seconds. DO NOT OVER MIX.
6. Lightly coated two steam-table pans (12x20x2.5) with pan spray.
7. Pour 3 lbs 8 oz batter into each pan.
8. Bake until lightly browned in a preheated oven.
9. CCP: Conventional oven at 400 F for 18-20 minutes.
10. CCP: Convection oven at 350 F for 12-15 minutes.
11. Cut each pan 5x10. Serve.

Notes

A hero of American folklore, Johnny Appleseed was said to be a barefoot wanderer with a tin pot hat, and a sack of apples, so he might leave the start of trees everywhere he went. But unlike his tall tale colleagues Paul Bunyan and Babe the Blue Ox, Appleseed's story was based on a real man. His name was John Chapman, and his real life was far richer and more interesting than his legend.

You can still visit one of his trees in Nova, Ohio. This site is home to a 176-year-old tree, the last known to be planted by Johnny Appleseed himself. It grows tart green apples, which are now used for applesauce and baking in addition to cider making. While Chapman might be glad to see his seeds still bearing fruit, he'd likely be sad to hear this tree is a noted bud source for grafting new apple trees.

Source: MentalFloss.com

Nutrition Information

Serving size: 1 slice Calories: 92 Fat: 1.7 g Saturated fat: .2 g Trans-fat: 0

Carbohydrates: 17.9 g Sugar: 4.7 g Sodium: 124 mg Fiber: 1.5 g Protein: 2.3 g