

Cranberry Apple Cornbread Muffins

Author: Adapted from: Ashlee Gabrielson, Vernon County WI Farm to School Coordinator.

Recipe type: Grain dish. HACCP Process: 2

Cuisine: These muffins are a great start to anyone's day! Sweet and tart with cheddar cheese, you can guarantee your students will love them!

Prep time: 70 mins Cook time: 30 mins Total time: 1 hour 40 mins

Serves: 100

USDA Meal Components: 1 oz credible grains.

This is a January or March school recipe for apples.

This recipe is rated BASIC for the level of prep.

Ingredients

- 4 lbs Cornmeal, whole grain yellow, enriched
- 2 Tbsp Salt
- 2 Tbsp Baking Soda
- 3 Tbsp 1 tsp Baking Powder
- 6 Whole Eggs, Large
- 16 oz Canola Oil
- 64 oz Yogurt, plain lowfat
- 16 oz Honey, pure
- 8 oz Sugar, brown
- 2 lbs Cheddar Cheese, shredded, USDA reduced fat
- 2 lbs Cranberries, dried sweetened
- 4 lbs Apples, peeled & diced, Granny Smith or other firm fleshed variety
- Pan Spray

Instructions

1. CCP: Preheat conventional oven to 375- F
2. Lightly grease muffin pans with vegetable oil cooking spray, or insert muffin liners
3. In a large bowl, combine cornmeal, salt, baking soda and baking powder.
4. In a mixer at low speed, beat eggs. Add oil, yogurt and honey.
5. Add the cheese, cranberries, brown sugar and apples to egg mixture and mix on low speed.
6. While mixer is running, add dry ingredients slowly, combining well.
7. Scoop batter into muffin cups using a #16 scoop- one scoop per cup.
8. CCP: Bake muffins for 30 minutes, rotating once during baking. Tops should be golden and a toothpick inserted into the center should come out clean.
9. Shortly rest the muffins, then serve warm or at room temp.

Notes

Are you trying to convert local apple quantities from your orchard?

A peck of apples weighs 10.5 pounds.

A bushel of apples weighs approximately 42 pounds.

Want to learn more about apples? Visit: [iffarmbureaupartners/apple facts](http://iffarmbureaupartners/applefacts)

Nutrition Information

Serving size: 1 Calories: 159 Fat: 6.8 g Saturated fat: 1.9 g Trans fat: 0 Carbohydrates: 22.1 g Sugar: 14.3 g Sodium: 293 mg Fiber: 1.3 g Protein: 4 g Cholesterol: 18.3 mg

Recipe by Illinois Harvest of the Month at <http://harvestillinois.org/?p=1599>