**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**RECIPE: BC Blueberry Muffins**

**Yield:** 6 muffins **Oven Temp:** 400F

**INGREDIENTS:**

***TOPPING:***

20mL brown sugar

2mL cinnamon

***MEDIUM BOWL***

125mL milk

50mL oil

1 egg

***LARGE BOWL***

125 mL sifted flour

125mL whole wheat flour

10mL baking powder

80mL sugar

1mL salt

125mL blueberries

**INSTRUCTIONS:**

1. Preheat oven to \_\_\_\_\_\_°F. Grease muffin tin or use muffin liners.
2. In a \_\_\_\_\_\_\_\_\_\_ mixing bowl \_\_\_\_\_\_\_\_\_\_ flour, baking powder, sugar and salt.
3. In a \_\_\_\_\_\_\_\_\_\_ bowl, beat egg lightly with a \_\_\_\_\_\_\_\_\_. Add oil and milk.
4. Make a \_\_\_\_\_\_\_\_\_\_ in the center of dry ingredients and \_\_\_\_\_\_\_\_\_\_ liquid ingredients to the dry ingredients \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
5. Stir with a \_\_\_\_\_\_\_\_\_\_\_\_ until just mixed Batter will look \_\_\_\_\_\_\_\_\_\_\_\_. DO NOT OVERMIX!
6. Gently \_\_\_\_\_\_\_\_\_\_\_ blueberries over the top then \_\_\_\_\_\_\_\_\_\_ in gently using a silicon spatula.
7. \_\_\_\_\_\_\_\_\_\_\_\_\_ fill each of the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ with the batter.
8. Combine \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and sprinkle the tops of each muffin.
9. Bake approximately \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ minutes or until toothpick comes out clean and muffins are golden brown.
10. Remove muffins from pan and cool on a cooling rack.

**Product Standards:**

**Shape:** well rounded, bumpy top

**Taste:** pleasing, balanced (no ingredient overpowers)

**Colour:** golden brown

**Inside:** moist, tender, no tunnels, even air cells

**Checks for Doneness:**

**Time:** when used with correct yield

**Colour:** golden brown

**Touch Test:** springs back when lightly touched

**Toothpick Test:** toothpick inserted into middle of

muffin comes out clean

**Baking Time:** 20-22 minutes

Dishwasher: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Dish dryer: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

House keeper: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Special duties:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**TRAY:**

**PERSON B:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**PERSON A:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Use Grains Handout

**QUESTIONS:**

1. Whole wheat flour contains all 3 parts of the grain kernel which are : \_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Refined white flour is made using the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ which contains mainly carbohydrates and \_\_\_\_\_\_\_\_ amounts of nutrients.
2. What is fortification? How is it different from enrichment?
3. Define: nutrient dense.

**TASTE & REFLECT**

1. Foods made with whole grain products are described as “heavier.” Describe the texture of your muffins. Would you have preferred to use all white flour? Explain
2. You can improve the nutrition of most baked goods by substituting up to \_\_\_\_\_ % of the white flour with whole wheat flour. This recipe used approx. \_\_\_\_\_ % whole wheat flour.
3. What other changes can a typical muffin support that could improve the nutrition of them?

(can you find out how to reduce fat content)