**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 400°F. Grease muffin tin or use muffin liners.
2. In a large mixing bowl sift flour, baking powder, sugar and salt.
3. In a medium bowl, beat egg lightly with a fork. Add oil and milk.
4. Make a well in the center of dry ingredients and add liquid ingredients to the dry ingredients all at once.
5. Stir with a fork until just mixed Batter will look lumpy. DO NOT OVERMIX!
6. Gently sprinkle blueberries over the top then fold in gently using a silicon spatula.
7. Evenly fill each of the 6 muffin cups with the batter.
8. Combine topping ingredients and sprinkle the tops of each muffin.
9. Bake approximately 20-22 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:** Preheat oven, pick up laundry, line muffin tin with muffin cups. Measure ingredients found in unit.

**PERSON A:** Grocery shop for ingredients.

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)

1. Whole wheat flour contains all 3 parts of the grain kernel which are : bran, germ and endosperm . Refined white flour is made using the endosperm which contains mainly carbohydrates and trace amounts of nutrients.
2. What is fortification? How is it different from enrichment? Fortification = adding vitamins + minerals to a food that weren’t there before. Enrichment = adding vitamins + minerals back into foods that were lost during processing.
3. Define: nutrient dense. Which type of grain is more nutrient dense? Why? High in eat more nutrients, low in eat less nutrients. Whole grain = nutrient dense.