

FSHN 381
NEW Recipe Form

Project: Bamboo Fiber Muffin

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Recipe Name: Cherry Almond Bamboo Fiber Muffin

Serving Size (g): 55 grams

Number of Servings: 6

Ingredients List

Ingredient	Weight (grams)	Household Measurement (cup, tsp, etc)
All purpose flour	134	2/3 cup
Sugar	46	1/4 cup
Baking powder	8	1 1/2 tsp
Salt	1.2	1 1/4 tsp
Egg	35	1 large egg
Canola oil	35	2 Tbsp
Skim milk	83	1/3 cup
Bamboo fiber	28	2 Tbsp
Skim milk	98	1/2 cup
Dried pitted cherries	40	3 Tbsp
Almond extract	0.2	1 tsp

Procedure:

1. Preheat oven to 425°F
2. Grease the muffin pan with oil or a non-stick spray.
3. Sift the flour, sugar, salt and baking powder into a mixing bowl,
4. In a separate mixing bowl, combine the bamboo fiber and ½ cup of skim milk, and mix to wet the fiber
5. In a separate bowl, beat the egg.
6. Add canola oil and 1/3 cup skim, to the beaten egg and blend well.
7. Pour the liquid ingredients and fiber/milk mixture into the dry ingredients and mix, very gently with a rubber spatula until the mixture is just combined. (About 30 strokes) AVOID over mixing to prevent hard muffins; the batter will still be lumpy
8. Gently spoon enough batter into each muffin pan cup to fill ½ full.
9. Bake for 20 minutes, or until the tops of the muffins are browned
12. Remove the muffin pan from the oven and let it cool slightly for 1 minute.
13. After 1 minute remove all the muffins and finish cooling on a metal rack.
14. The muffins are best enjoyed when served warm.

Sensory Evaluation Results:

The muffins were found to be desirable for a high fiber baked product. The sensory evaluation of the muffins revealed that 59% of the panelists would eat the muffins often, and 41% would eat the muffins sometimes. None of the panelists stated that they would never eat the muffins. It was also found that the combination of cherries and almond produced a good flavor and aroma that complimented the muffin dough well. However, a few panelists found the muffins to be a little too dense for their liking.

Nutrition Information for 1 Muffin

Nutrition Facts	
Serving Size (85g)	
Servings Per Container	
Amount Per Serving	
Calories 210	Calories from Fat 60
% Daily Value*	
Total Fat 7g	10%
Saturated Fat 0.5g	3%
Cholesterol 25mg	8%
Sodium 100mg	4%
Total Carbohydrate 32g	11%
Dietary Fiber 6g	22%
Sugars 13g	
Protein 4g	
Vitamin A 6%	Vitamin C 0%
Calcium 6%	Iron 8%