

FSHN 381  
NEW Recipe Form

Project: High Fiber Muffin Date: 10/27/10

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Recipe Name: French Toast Muffin

Serving Size (g): 55g Number of Servings: 6 muffins

Serving Size (cup, tsp, etc): one muffin

Ingredients List

Ingredient	Weight (grams)	Household Measurement (cup, tsp, etc)
All-Purpose Flour	86.4	¾ cup
Granulated Sugar	36.8	3 Tbs
Baking Powder	6.2	1 ½ tsp
Salt	1.8	¼ tsp
Egg (large)	52.0	2 each
Canola Oil	18.8	1 ½ Tbs
Fat Free Milk	112.4	1 ½ cup
Cottonseed Fiber	30.0	1 cup
Great Value Cinnamon Applesauce	30.0	1 Tbs + 1tsp
Ground Cinnamon	0.4	1/8 tsp

### Procedure:

1. Preheat oven to 425°F.
2. Place muffin liners into muffin pan.
3. Sift all the dry ingredients (All-Purpose Flour, Granulated Sugar, Baking Powder, Salt, Cottonseed Fiber, and Ground Cinnamon) into the mixing bowl.
4. Beat eggs in separate bowls. (1 egg per bowl since 1 egg will be used as an egg wash during baking.)
5. Add canola oil and milk to egg and beat until well blended.
6. Pour the liquid ingredients into the dry ingredients and mix with a wooden spoon just enough to moisten all ingredients. The batter will look lumpy and be thick, but no dry flour should show.
7. Scoop batter into muffin tin until about half full. To achieve a desirable smooth muffin top, avoid filling the liner or pan with chunks of batter.
8. Avoid mixing the batter as tunneling or large holes may form in the baked muffin.
9. Bake for 23 minutes or until the tops are golden brown.
10. 10 minutes into baking, remove pan from oven and brush egg wash over surface of muffins then return to oven for 13 minutes.
11. Remove muffins from pan as soon as they are taken out of the oven.
12. Serve while hot.

### Sensory Evaluation Results:

10 senior citizens from Arcadia Residential Living, 1 professor, and 2 teaching assistants liked the muffin's appearance, aroma, texture, and taste. Some comments suggested that it is appropriate for a breakfast muffin and that it could be sweeter. Other comments were that the muffins left a "dry feeling" in the mouth.

Any other comments:

Our group felt that sprinkling some granulated sugar on the muffin tops contributed to a nice appearance and added slight sweetness to the muffins. The muffins stuck to the muffin liners slightly, so a suggestion was to grease the liners- it is expected that greasing the muffin pan would be required if using the pan alone.

Nutritional information:

Nutrition Facts		
Serving Size (55g)		
Servings Per Container		
Amount Per Serving		
Calories 110    Calories from Fat 35		
% Daily Value*		
Total Fat 3.5g		6%
Saturated Fat 0g		0%
Cholesterol 35mg		11%
Sodium 220mg		9%
Total Carbohydrate 17g		6%
Dietary Fiber 5g		19%
Sugars 6g		
Protein 3g		
Vitamin A 0%	•	Vitamin C 0%
Calcium 8%	•	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories:	2,000    2,500
Total Fat	Less than	65g    80g
Saturated Fat	Less than	20g    25g
Cholesterol	Less than	300mg    300mg
Sodium	Less than	2,400mg    2,400mg
Total Carbohydrate		300g    375g
Dietary Fiber		25g    30g
Calories per gram:		
Fat 9 • Carbohydrate 4 • Protein 4		