

FSHN 381  
NEW Recipe Form

Project: High-fiber muffin experiment

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Group Members: Nobuhisa Morimoto, Christy Odo, and Richelle Rafanan

Recipe Name: Okara Muffin

Serving Size (g): 75

Number of Servings: 12

Serving Size (cup, tsp, etc): 1 muffin

Ingredients List

Ingredient	Weight (grams)	Household Measurement (cup, tsp, etc)
Okara	340	2 cup
All purpose flour, sifted	250	2 cup
Granulated sugar	50	4 Tbsp
Baking powder	19.2	2 Tbsp
Salt	4.8	½ tsp
Egg, medium	50	1
Canola oil	40	4 Tbsp
Low-fat milk	400	2 cup
Granulated sugar	26	2 Tbsp
Ground cinnamon	1	½ tsp
Milk chocolate chips	12	24 mini chips

Procedure:

1. Preheat oven to 425°F.

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2. Put 12 liners into a muffin pan.

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3. Make a thin layer of wet okara on a plate and microwave it for 5 minutes

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on high. Take it out, spread it out with a spoon, and microwave it

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for additional 3 minutes. Then take it out, spread it out with a spoon, and

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microwave it for final 3 minutes. Okara should look completely dry.

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4. Grind dried okara using a food processor for 5 min. Ground okara should

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look powdery.

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5. Sift all the dry ingredients (ground okara, flour, sugar, baking powder, and

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salt) into the mixing bowl.

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6. In a separate bowl, beat one egg well.

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7. Add canola oil and low-fat milk to the egg and beat until well blended.

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8. Pour the liquid ingredients into the dry ingredients, add milk chocolate

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chips, and mix just enough to moisten all ingredients. The batter will look

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lumpy, but no dry flour will show.

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9. Mix ½ tsp of ground cinnamon and 2 Tbsp of sugar in a separate bowl.

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10. Scoop a spoonful of batter from the mixing bowl. Be sure to get enough

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batter at one time to fill the muffin cup slightly more than half full. Sprinkle

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a mixture of ground cinnamon and sugar on top of batter.

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11. Repeat this procedure until all the muffin batter is used. Avoid stirring the batter when spooning batter from the bowl.

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12. Bake at 425 ° F for 5 minutes. Muffins should look larger and white in color. Then lower the oven temperature to 375° F and bake for additional 15 minutes, until a toothpick inserted into a muffin comes out clean. The tops should look golden brown.

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13. Remove muffins from pan as soon as they are taken from the oven.

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14. Serve while hot.

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#### Sensory Evaluation Results:

Okara muffins had acceptable outer appearance and aroma for most panelists; however, the taste, sweetness, and texture of okara muffins were not acceptable to some panelists because of bland taste and dense or doughy texture. Some panelists liked the sweetness of okara muffins because they like something with mild sweetness. For those who want muffins to be sweet, addition of sugar or a sweet flavoring may make okara muffins more acceptable.

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#### Any other comments:

Okara muffins have mild okara flavor and are not very sweet. For those who like mild sweetness, it can be a good dessert as it is!

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# Nutrition Facts

Serving Size (75g)

Servings Per Container

Amount Per Serving

**Calories** 180      **Calories from Fat** 45

% Daily Value\*

**Total Fat** 5g **8%**

Saturated Fat 1g **4%**

**Cholesterol** 20mg **7%**

**Sodium** 180mg **8%**

**Total Carbohydrate** 29g **10%**

Dietary Fiber 2g **7%**

Sugars 9g

**Protein** 5g

Vitamin A 2% • Vitamin C 0%

Calcium 10% • Iron 8%

\*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