

FSHN 381
NEW Recipe Form

Project: High Fiber Muffins Date Nov. 24, 2010

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Recipe Name: Papaya Pea Fiber Muffins

Serving Size (g): 56 g Number of Servings: 12

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

Ingredients List

Ingredient	Weight (grams)	Household Measurement (cup, tsp, etc)
All purpose flour	90	1 ½ cup
Granulated sugar	22.2	4 Tbsp
Baking powder	7	3 tsp
Salt	1.4	½ tsp
Pea fiber	27	½ cup
Large egg	52.8	2 egg
Canola oil	24.6	8 Tbsp
Skim milk	162	1 1/3 cup
Langer Juice Company L&A Papaya Delight Juice	54	½ cup
Sweetened Dried Papaya Bits	63.4	1 cup

Procedure:

- 1 Preheat oven to 425 °F .
- 2 Sift all the dry ingredients (flour, sugar, baking powder, salt, and pea fiber) into a mixing bowl.
- 3 In a separate bowl, beat one egg well with a whisk. Combine the beaten egg with the remaining liquid ingredients (canola oil, skim milk, and papaya juice).
- 4 Add the egg mixture to the dry ingredients and gently fold the batter using a rubber spatula. Add in the sweetened dried papaya bits to the batter, mixing minimally to distribute the papaya bits evenly.
- 5 Prepare an egg wash by whisking the second egg in a separate bowl.
- 6 Scoop batter into muffin liners and bake for approximately 10 minutes.

- 7 Remove muffins from the oven, and using a pastry brush, coat the tops of the muffins with the prepared egg wash.
- 8 Place muffin tray back into the oven and bake until tops are golden brown, approximately 10 minutes.
- 9 Allow muffins to cool. Serve.

Sensory Evaluation Results:

A sensory evaluation was conducted at Arcadia retirement community. A total of 13 participants took part in the evaluation of the papaya pea fiber muffins. The product was assessed based on the following characteristics: *appearance, texture, flavor, and overall acceptance*. A 5-point hedonic scale was used to evaluate each characteristic: *Strongly Dislike=1, Dislike=2, Neutral=3, Like=4, and Strongly Like=5*.

Sensory attributes were rated as neutral by some participants, however, there were no ratings correlating to “Strongly Dislike” and “Dislike” opinions of the muffin.

A question asking how often they would eat the patty was also included. Possible answers for this were: *everyday, often, sometimes, or never*. Of the participants, 46%, agreed with eating the muffin *often* while 38% expressed that they would eat the muffin *sometimes*.

Nutrition Label (1 serving, 1 muffin)

Nutrition Facts		
Serving Size (56g)		
Servings Per Container		
Amount Per Serving		
Calories 150		Calories from Fat 50
% Daily Value*		
Total Fat 6g		9%
Saturated Fat 0.5g		3%
Cholesterol 20mg		7%
Sodium 230mg		10%
Total Carbohydrate 21g		7%
Dietary Fiber less than 1g		2%
Sugars 5g		
Protein 3g		
Vitamin A 2%	•	Vitamin C 0%
Calcium 10%	•	Iron 6%
*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