

## Puree Fruit Muffins

<u>Ingredients</u>	<u>Weight (1 cup)</u>	<u>Measures</u>
		7 svgs.      14 svgs.      28 svgs.
Puree Bread & Bakery Mix	5.2 oz	1 cup      2 cups      1 qt
Fruit Juice *	6.7 oz	3/4 cup      1 1/2 cup      3 cups
Apple Sauce	2.2 oz	1/4 cup      1/2 cup      1 cup
<small>*Purple Grape, Cranberry, or Pineapple Juice</small>		
<b><u>Preparation</u></b>		
WASH HANDS		
1. Place Puree Bread & Bakery Mix into a large mixing bowl.		
2. Add juice and apple sauce and blend well with spatula.		
3. Serve using #24 scoop.		
<b><u>Optional Garnishing Suggestion:</u></b>		
For grape or cranberry muffins, drizzle or stripe with icing; for apple muffins (pineapple juice), sprinkle with cinnamon/sugar mixture.		
<i>Be sure to follow facility HACCP guidelines.</i>		

<b>Nutritional Facts</b>
<b>Amount per serving</b>
Calories: 99
<b>Total Fat:</b> 1.3g
<b>Cholesterol:</b> 4mg
<b>Sodium:</b> 82mg
<b>Total Carbs:</b> 20g
<b>Sugars:</b> 10g
<b>Dietary Fiber:</b> 2g
<b>Protein:</b> 1g