



Granola Muffins

Nature Valley™ Oats 'n Honey Granola, Yoplait® Nonfat Plain Yogurt and Gold Medal™ Variety Muffin Mix join forces in moist, banana-raisin muffins.

Servings: 65 servings (1 serving = 1 Muffin)

Ingredients:

INGREDIENT	WEIGHT	MEASURE
Nature Valley™ Granola - Oats 'n Honey Bulkpak Cereal (27111)	1 lb 8.00 oz	6 cups
Quick oats, dry	2.75 oz	1 cup
Water, cool approx. 72°F	2 lb	4 cups
Yoplait® Nonfat Plain Bulk Size Yogurt (43800)	1 lb	2 cups
Bananas, overripe, mashed	8 oz	1 cup
Molasses		1/4 cup
Gold Medal™ Variety Muffin Mix (11544)	5 lb	1 box
Raisins	10 oz	2 cups

Nutrition Information:

Serving Size: 1 Muffin
Calories : 220 / Calories from Fat : 50 /

% Daily Value:
Total Fat : 6g 9% /
Saturated Fat : 2g 11% / Trans Fat : 0g /
Cholesterol : 0mg 0% / Sodium : 250mg 10% /
Total Carbohydrate : 38g 13% /
Dietary Fiber : 0g 0% / Sugars : 20g /
Protein : 2g /
Vitamin A : 0% 0% / Vitamin C : 0% 0% /
Calcium : 0% 0% / Iron : 6% 6% /

Exchanges: 1 Starch/ 0 Fruit/ 1 1/2 Other Carbohydrate/ 0 Skim Milk/ 0 Low-Fat Milk/ 0 Milk/ 0 Vegetable/ 0 Very Lean Meat/ 0 Lean Meat/ 0 High-Fat Meat/ 1 Fat/

Carbohydrate Choice: 2 1/2

*Percent Daily Values are based on a 2,000 calorie diet.
Nutrition values are calculated using the weights of ingredients.

Instructions:

TOPPING

1. Add granola and oats to bowl of food processor; pulse until coarsely ground.
2. Set aside 1 1/4 cups for topping before baking.

BATTER

1. Combine water, yogurt, mashed bananas and molasses in large mixing bowl.
2. Add muffin mix, 5 3/4 cups topping mixture and raisins; stir until batter is smooth.
3. Deposit #16 scoop of batter into greased or paper-lined muffin pans.
4. Sprinkle reserved topping mixture, pressing gently into batter; bake as directed below.

BAKE:	TEMP	TIME
Convection Oven*	350°F	14-17 minutes
Standard Oven	400°F	17-20 minutes

*Rotate pans baked in convection oven one-half turn (180°) at minutes of baking.

TIPS

1. Tip: Sprinkle completely cooled muffins with powdered sugar if desired.