

# Orange Carrot Muffin

<b>Recipe Yield</b>	50 portions
<b>Serving size</b>	1 each
<b>Cooking method</b>	Bake
<b>Cooking temperature</b>	400F/200C
<b>Cook time</b>	12 minutes
<b>Ingredient amount</b>	<b>Ingredient List</b>
527 g	Carrots, Fresh, shredded
27 g	Orange, Zest
2 kg	Muffin Mix, Bran
150 g	Wheat Germ
5/8 tsp	Nutmeg, Ground
5/8 tsp	Cloves, Ground
1 1/8 tsp	Turmeric, Ground
1 1/8 tsp	Cinnamon, Ground
1 1/8 L	Juice, Orange

## Preparation steps

1.	Wash hands before beginning preparation & sanitize surfaces & equipment.
2.	Preheat oven, spray muffin pans with cooking spray or use muffin
3.	Wash and peel carrots. Shred carrots with a grater. Zest orange and set aside.
4.	In a large mixing bowl, combine all dry ingredients. Mix well.
5.	Add the shredded carrots and orange zest. Stir to evenly incorporate.
6.	Add orange juice to mixing bowl. Stir to mix.
7.	Add about 1 Tbsp muffin mixture to each muffin well. Lower oven to 350F/176C and bake until toothpick comes out clean.
8.	Remove from oven and cool on cooling rack.
9.	CCP - *Maintain <40F/4C after service for storing.

## Nutrition facts for 1 muffin

Calories: 203 kcal

Protein: 5 g

Carbohydrates: 36 g

Vitamin A: 92 Retinol Equivalent