



Whole Wheat Carrot Pineapple Muffin

PRODUCT: Simply Milled by Ardent Mills™ Organic Whole Wheat Flour 10056

KG	G	INGREDIENTS	LB	OZ
5	0	Simply Milled Organic Whole Wheat Flour	11	0
3	350	Sugar	7	6
0	100	Baking Powder	0	3 ½
0	100	Baking Soda	0	3 ½
0	25	Cinnamon	0	1
3	350	Grated Carrots	7	6
1	650	Crushed pineapple	3	10
0	100	Vanilla Extract	0	3 ½
1	650	Eggs	3	10
2	500	Vegetable Oil	5	8

EQUIPMENT:

- 4 speed Upright mixer with Paddle Attachment

PREPARATIONS:

1. Scale off the dry ingredients and blend them in mixer for 2 minutes on 1st speed.
2. Add the grated carrots and crushed pineapple and blend in for 1 minute on 1st speed.
3. Add the vanilla extract, eggs and oil. Mix for 1 minute on 1st speed. Scrape down bowl, then continue mixing for 2 minutes on 2nd speed.
4. Deposit batter into lined muffin pans using a # 12 scoop.
5. Garnish the tops of muffins with oatmeal if desired.

OVEN TYPE:

- Rack Oven

BAKING:

- 171°C (340°F) for approx. 25 minutes.

Note: For convection oven reduce temperature to 154° C (310° F)

YIELD:

Approx. 157 muffins at 113gr. each

NOTE: These directions are to be used as a guide only. Changes may be made necessary to suit shop conditions or finished product standards.