

# ROCKY MOUNTAIN CAFE MUFFINS



*Yields:*

approximately 110 muffins

## INGREDIENTS

Vegetable Oil	600 g
Eggs	12
Applesauce, unsweetened	450 g
Vanilla	60 ml
1% Buttermilk	3 L
White Flour	1.75 kg
Whole Wheat Flour	1.75 kg
Quick Oats	200 g
White Sugar	1.3 kg
Baking Soda	60 ml
Salt	30 ml
BC Berries, fresh or frozen (unthawed), unsweetened	2.5 kg

### Muffin Variations

Mixed Berry: Blueberries, raspberries, blackberries and strawberries.

Okanagan Fruit: Chopped peaches, pears, cherries and nectarines.

Razzelberry: Raspberries and cranberries.

Carrot Nut Spice: Replace berries with 2 kg grated carrots and 500 g diced, unsweetened pineapple. Add 50 mL cinnamon and 15 mL allspice.

You may also sprinkle with oats before baking.

## DIRECTIONS

1. Whisk eggs into oil until emulsified.
2. Combine remaining wet ingredients and add to the oil and eggs.
3. Combine the dry ingredients. Fold the wet ingredients into the dry until about half mixed. Fold the fruit until it is just mixed. Do not overmix.
4. Place in silicone muffin forms and fill with 80 ml of batter and bake at 160°C (325°F) in convection oven for 20-25 minutes.