



# Bran Muffin





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Recipe Items:	1 Portion	5 Portions
PE Original Bread Pudding (PE#21761)	#10 scoop (95 gm)	475 gm (16.75 oz)
Molasses	5 mL (1 tsp)	25 mL (1 Fl oz)

Nutritional analysis presented contains only these ingredients

1 cm chub slice = approx. 40gm,  
1" chub slice- approx. 100gm



1. Thaw frozen products in refrigerator for a maximum 48 hrs.

Hot Service - Heat Puree Essentials food to a minimum temperature of 71°C or 160°F.

Cold Service - Keep Puree Essentials food cold prior to service, below 4°C or 40°F.



2. Mix #10 Scoop (95 gm) of PE Original Bread Pudding with 1 tsp (5 ml) of smooth molasses.

Place into a nappy or small bowl for service.



3. Serve Hot or Cold.

Nutrition Facts		Valeur nutritive	
Per 1 each (102g) / par 1 each (102g)			
Amount		% Daily Value	
Teneur		% valeur quotidienne	
<b>Calories / Calories</b>	170		
<b>Fat / Lipides</b>	8g	<b>12%</b>	
Saturated / satures	4.5g		
+ Trans / trans	0g	<b>23%</b>	
<b>Cholesterol / Cholesterol</b>	45mg		
<b>Sodium / Sodium</b>	190mg	<b>8%</b>	
<b>Carbohydrate / Glucides</b>	24g	<b>8%</b>	
Fibre / Fibres	1g	<b>5%</b>	
Sugars / Sucres	13g		
<b>Protein / Proteines</b>	3g		
Vitamin A / Vitamine A		8%	
Vitamin C / Vitamine C		0%	
Calcium / Calcium		4%	
Iron / Fer		8%	

Variations: serve with clear fruit jelly or soft butter as a condiment. Puree prune could be added on top (drizzled or drops) to create a raisin bran muffin variation. Variations to ingredients are not included in nutritional analysis.

Serve hot or cold.

Hot Service - keep Puree Essentials food hot, at a minimum temperature of 66°C or 150°F.

Cold Service - If serving cold; keep Puree Essentials food temperatures below 4°C or 40°F.

