



Carrot Muffin





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Recipe Items:	1 Portion	5 Portions
PE Carrot Cake Bread Pudding (PE#21762)	#10 scoop (95 gm)	475 gm (16.75 oz)
Powdered Sugar	5 mL (1 tsp)	25 mL (1 Fl oz)
PE Carrot Mouse (PE#21734)	15 mL (1 Tbsp)	75 mL (2.5 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 Carrot Cake Bread Pudding with 1 Tbsp (15 ml) of PE Carrot Mousse and 1 tsp (5 ml) powdered sugar.



3. Finish the dish by fluffing with a fork for the appearance of a textured finish.



Variations: adding whipped cream or Lyons fruit dessert sauces as a garnish as desired. 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.

Nutrition Facts		Valeur nutritive	
Per 1 each (113g) / par 1 each (113g)			
Amount		% Daily Value	
Teneur		% valeur quotidienne	
Calories / Calories	170		
Fat / Lipides	7g	11%	
Saturated / satures	3.5g		
+ Trans / trans	0g	18%	
Cholesterol / Cholesterol	40mg		
Sodium / Sodium	210mg	9%	
Carbohydrate / Glucides	24g	8%	
Fibre / Fibres	2g	7%	
Sugars / Sucres	13g		
Protein / Proteines	4g		
Vitamin A / Vitamine A		20%	
Vitamin C / Vitamine C		0%	
Calcium / Calcium		4%	
Iron / Fer		8%	

