BASIC WHOLE WHEAT MUFFINS
(Yield: 16-50g/11-75g/Muffins)

STEP ONE:

INGREDIENTS:	U.S. MEASUREMENTS:	METRIC:
Brown Sugar	5 oz.	142g
Salad Oil	3 oz.	85g
Eggs-large	1 ea.	48g
Milk-2%	1/3 cup	85g
Apple Sauce	1 cup	227g
Vanilla Extract	1/2 TBSP.	7g

STEP TWO:

Whole Wheat Flour	4 1/2 oz.	128g
All-Purpose Flour	3 1/2 oz.	99g
Baking Soda	3/4 TSP	4g
Baking Powder	1 TSP	5g
Salt	3/4 TSP	3g
Total:	1 lb-14 oz.	842g

PROCEDURES:

1. Combine ingredients in step one in a hand mixing bowl with a whisk. Mix until smooth.
2. Sift dry ingredients in a hand mixing bowl. Using a hand whisk make a well, add in apple sauce mixture and mix well.
3. Fill muffin cups ¾ full. Top with desire fresh or frozen fruit.
4. Bake at 350 degrees F for 20-22 minutes. Check center with a tooth pick, it should come out clean.

Equipment needed:

Two hand mixing bowl and whisk
Rubber spatula
#12 portion scoop
Muffin pan and paper liners

Additional Notes:

Recipe: Basic Whole Wheat Muffin

Basic Whole Wheat Muffin
Number of Servings: 16.85 (50.00 g per serving)
Weight: 842.51 g

Item Name	Quantity	Measure	ESHA Co...
Sugar, brown	5	Ounce-weight	63413
Oil, corn, salad or cooking	3	Ounce-weight	8009
Eggs, whole, raw, extra lrg	1	Each	19502
Milk, 2%, w/add vit A & D	3	Ounce-weight	218
Applesauce, swtnd, cnd	8	Ounce-weight	3331
Flavor, vanilla extract, imit, w/o alcohol	0.25	Ounce-weight	26626
Flour, whole wheat, whole grain	4.5	Ounce-weight	92793
Flour, all purpose, bleached, enrich	3.5	Ounce-weight	38363
Baking Soda	4	Gram	28003
Baking Powder, double acting	5	Gram	28073
Salt, table	3	Gram	26014

Nutrients

Basic Components	
Calories	137.21 kcal
Calories from Fat	49.99 kcal
Calories from SatFat	7.43 kcal
Protein	2.22 g
Carbohydrates	21.22 g
Dietary Fiber	1.02 g
Soluble Fiber	0.04 g
Total Sugars	8.94 g
Monosaccharides	0.01 g
Disaccharides	0.01 g
Other Carbs	8.59 g
Fat	5.64 g
Saturated Fat	0.83 g
Mono Fat	1.52 g
Poly Fat	2.81 g
Trans Fatty Acid	0.01 g
Cholesterol	14.97 mg
Water	20.25 g
Vitamins	
Vitamin A - IU	28.54 IU
Vitamin A - RAE	4.95 RAE
Vitamin A - Carotenoid RE	0.34 RE
Vitamin A - Retinol RE	4.78 RE
Beta-Carotene	0.34 mcg
Vitamin B1 - Thiamin	0.06 mg
Vitamin B2 - Riboflavin	0.06 mg
Vitamin B3 - Niacin	0.65 mg
Niacin Equivalents	0.74 mg
Vitamin B6	0.01 mg
Vitamin B12	0.04 mcg
Biotin	0.69 mcg
Vitamin C	0.25 mg
Vitamin D - IU	3.26 IU
Vitamin D - mcg	0.08 mcg
Vitamin E - Alpha-Toco	0.76 mg
Folate	9.60 mcg
Folate, DFE	1.75 mcg
Vitamin K	0.11 mcg
Pantothenic Acid	0.06 mg

Recipe: Basic Whole Wheat Muffin

Nutrients

Minerals			
Calcium	13.42 mg	Selenium	1.13 mcg
Chromium	0.02 mcg	Sodium	177.77 mg
Copper	0.01 mg	Zinc	0.04 mg
Fluoride	0.04 mg	**Other Fats**	
Iodine	1.82 mcg	Omega 3 Fatty Acid	0.06 g
Iron	0.76 mg	Omega 6 Fatty Acid	2.75 g
Magnesium	0.82 mg	**Other Nutrients**	
Manganese	0.01 mg	Gram Weight	50.00 g
Molybdenum	0.59 mcg	Alcohol	0 g
Phosphorus	7.52 mg	Caffeine	0 mg
Potassium	48.45 mg	Choline	8.64 mg

Yields, Measures and Costs

Basic Whole Wheat Muffin

Total Yield: 100%
Cooked Yield: 100%
% Refuse: 0%

Measures:
1.00 Serving = 50.00 g

Cost:

Pyramid

Pyramid - Fat	2.79	Pyramid - Meat	0.03
Pyramid - Bread	0.78	Pyramid - Milk	0.02
Pyramid - Fruit	0.10	Pyramid - Vegetables	

Exchanges

Exchange - Fruit	0.17	Exchange - Other Carbs	0.44
Exchange - Meat	0.06	Exchange - Starch	0.56
Exchange - Very Lean Meat		Exchange - Vegetables	
Exchange - Milk	0.02	Exchange - Fat	1.03

Groups

BANANA WHOLE WHEAT MUFFINS
(Yield: 17-50 g/11-75g/Muffins)

STEP ONE:

INGREDIENTS:	U.S. MEASUREMENTS:	METRIC:
Brown Sugar	5 oz.	142g
Salad Oil	4 oz.	114g
Eggs-large	1 ea.	48g
Milk-2%	1/3 cup	85g
Bananas, mashed	1 cup	227g
Vanilla Extract	1/2 TBSP.	7g

STEP TWO:

Whole Wheat Flour	4 1/2 oz.	128g
All-Purpose Flour	3 1/2 oz.	99g
Baking Soda	3/4 TSP	4g
Baking Powder	1 TSP	5g
Salt	3/4 TSP	3g
Total:	1 lb-15 oz.	870g

PROCEDURES:

1. Combine ingredients in step one in a hand mixing bowl with a whisk. Mix until smooth.
2. Sift dry ingredients in a hand mixing bowl. Using a hand whisk make a well, add
3. Fill muffin cups ¾ full. Top with desired fresh or frozen fruit.
4. Bake at 350 degrees F for 20-22 minutes. Check center with a tooth pick, it should come out clean.

Equipment needed:

Two hand mixing bowl and whisk
Rubber spatula
#12 portion scoop
Muffin pan and paper liners

Additional Notes:

Recipe: Whole wheat Banana Muffins

Whole wheat Banana Muffins
Number of Servings: 17.42 (50.00 g per serving)
Weight: 870.86 g

Item Name	Quantity	Measure	ESHA Co...
Sugar, brown, unpacked	5	Ounce-weight	25201
Oil, corn, salad or cooking	4	Ounce-weight	8009
Eggs, whole, raw, extra lrg	1	Each	19502
Milk, 2%, w/add vit A & D	3	Ounce-weight	218
Banana, fresh, mashed	8	Ounce-weight	3022
Flavor, vanilla extract, imit, w/o alcohol	0.25	Ounce-weight	26626
Flour, whole wheat, whole grain	4.5	Ounce-weight	92793
Flour, all purpose, bleached, enrich	3.5	Ounce-weight	38363
Baking Soda	4	Gram	28003
Baking Powder, double acting	5	Gram	28073
Salt, table	3	Gram	26014

Nutrients

Basic Components	
Calories	148.99 kcal
Calories from Fat	62.92 kcal
Calories from SatFat	9.19 kcal
Protein	2.27 g
Carbohydrates	20.70 g
Dietary Fiber	1.17 g
Soluble Fiber	0 g
Total Sugars	9.94 g
Monosaccharides	1.75 g
Disaccharides	7.70 g
Other Carbs	9.44 g
Fat	7.11 g
Saturated Fat	1.02 g
Mono Fat	1.93 g
Poly Fat	3.61 g
Trans Fatty Acid	0.02 g
Cholesterol	14.48 mg
Water	19.13 g

Vitamins	
Vitamin A - IU	34.52 IU
Vitamin A - RAE	5.05 RAE
Vitamin A - Carotenoid RE	0.85 RE
Vitamin A - Retinol RE	4.63 RE
Beta-Carotene	3.72 mcg
Vitamin B1 - Thiamin	0.06 mg
Vitamin B2 - Riboflavin	0.06 mg
Vitamin B3 - Niacin	0.69 mg
Niacin Equivalents	0.80 mg
Vitamin B6	0.05 mg
Vitamin B12	0.04 mcg
Biotin	1.00 mcg
Vitamin C	1.16 mg
Vitamin D - IU	3.16 IU
Vitamin D - mcg	0.08 mcg
Vitamin E - Alpha-Toco	0.98 mg
Folate	11.85 mcg
Folate, DFE	4.25 mcg

Recipe: Whole wheat Banana Muffins

Nutrients

Vitamin K	0.20 mcg	Potassium	113.70 mg
Pantothenic Acid	0.10 mg	Selenium	1.28 mcg
Minerals		Sodium	171.64 mg
Calcium	20.03 mg	Zinc	0.07 mg
Chromium	0.12 mcg	**Other Fats**	
Copper	0.04 mg	Omega 3 Fatty Acid	0.08 g
Fluoride	0.33 mg	Omega 6 Fatty Acid	3.53 g
Iodine	2.81 mcg	**Other Nutrients**	
Iron	0.88 mg	Gram Weight	50.00 g
Magnesium	6.28 mg	Alcohol	0 g
Manganese	0.06 mg	Caffeine	0 mg
Molybdenum	0.57 mcg	Choline	9.64 mg
Phosphorus	11.02 mg		

Yields, Measures and Costs

Whole wheat Banana Muffins

Total Yield: 100%
Cooked Yield: 100%
% Refuse: 0%

Measures:
1.00 Serving = 50.00 g

Cost:

Pyramid

Pyramid - Fat	2.44	Pyramid - Meat	0.03
Pyramid - Bread	0.76	Pyramid - Milk	0.02
Pyramid - Fruit	0.11	Pyramid - Vegetables	

Exchanges

Exchange - Fruit	0.19	Exchange - Other Carbs	0.44
Exchange - Meat	0.06	Exchange - Starch	0.54
Exchange - Very Lean Meat		Exchange - Vegetables	
Exchange - Milk	0.02	Exchange - Fat	1.31

Groups

CHEWY OATMEAL COOKIES
(Yield: 50-25g COOKIES)

STEP ONE:

INGREDIENTS:	U.S. MEASUREMENTS:	METRIC:
Brown Sugar	9 oz.	255g
Unsalted Butter	6 oz.	170g
Salt	1/2 Tsp.	3g
Honey	2 oz.	57g
Cider Vinegar	1 Tbsp.	14g
Whole Eggs	1 each	48g
Vanilla Extract	1 Tbsp.	14g

STEP TWO:

Whole Wheat Flour	5 oz.	142g
Rolled Oats-Ground	4 oz.	113g
Rolled Oats	1 oz.	28g
Baking Soda	3/4 Tsp.	4g
Baking Powder	1/2 Tsp.	2g
Ground Cinnamon	2 Tsp.	3g
Ground Ginger	1/4 Tsp.	.5g
Ground Nutmeg	1/4 Tsp.	.5g

STEP THREE:

Optional: Dried Fruit	5 oz.	142g
Raisins	5 oz.	142g
Pecans-Chopped	3 1/2 oz.	100g
Total:	2 lb-11 oz.	1,238g

PROCEDURES:

1. Cream ingredients in step one together to a smooth paste. Scrape down well!
2. Sift dry ingredients in a hand mixing bowl.
3. Add in egg to butter mixture and fold in sifted dry ingredients. Stir in dried fruit, raisins and pecans.
4. Scoop cookies out on a lined sheet pan 4x6. Bake at 350 degrees F for 12-14 minutes.

Equipment needed:

5qt. mixer, bowl and paddle attachment
Rubber spatula
#50 portion scoop

Additional Notes:

Recipe: Chewy Oatmeal Cookies

Chewy Oatmeal Cookies
Number of Servings: 44.31 (25.00 g per serving)
Weight: 1107.71 g

Item Name	Quantity	Measure	ESHA Co...
Sugar, brown	9	Ounce-weight	63413
Butter, unsalted	6	Ounce-weight	8025
Salt, table	0.5	Teaspoon	26014
Honey, clover	2	Ounce-weight	25311
Vinegar, cider	1	Tablespoon	27007
Eggs, whole, raw, extra lrg	1	Each	19502
Flavor, vanilla extract, imit, w/o alcohol	1	Tablespoon	26626
Flour, whole wheat, whole grain	5	Ounce-weight	92793
Oats, rolled, quick cooking, thick	5	Ounce-weight	93118
Baking Soda	0.75	Teaspoon	28003
Baking Powder, double acting	0.5	Teaspoon	28073
Spice, cinnamon, ground	2	Teaspoon	26003
Spice, ginger, ground	0.25	Teaspoon	4086
Spice, nutmeg, ground	0.25	Teaspoon	26026
Raisins, seedless	5	Ounce-weight	3935
Nuts, pecans, chpd	3.5	Ounce-weight	4577

Nutrients

Basic Components	
Calories	103.63 kcal
Calories from Fat	45.82 kcal
Calories from SatFat	19.40 kcal
Protein	1.38 g
Carbohydrates	14.17 g
Dietary Fiber	1.10 g
Soluble Fiber	0.07 g
Total Sugars	9.32 g
Monosaccharides	0.01 g
Disaccharides	0.09 g
Other Carbs	3.73 g
Fat	5.15 g
Saturated Fat	2.16 g
Mono Fat	1.77 g
Poly Fat	0.62 g
Trans Fatty Acid	0 g
Cholesterol	13.79 mg
Water	3.65 g
Vitamins	
Vitamin A - IU	103.87 IU
Vitamin A - RAE	28.17 RAE
Vitamin A - Carotenoid RE	1.19 RE
Vitamin A - Retinol RE	27.58 RE
Beta-Carotene	6.89 mcg
Vitamin B1 - Thiamin	0.03 mg
Vitamin B2 - Riboflavin	0.02 mg
Vitamin B3 - Niacin	0.16 mg
Niacin Equivalents	0.24 mg
Vitamin B6	0.01 mg

Recipe: Chewy Oatmeal Cookies

Nutrients

Vitamin B12	0.02 mcg	Magnesium	3.07 mg
Biotin	0.26 mcg	Manganese	0.12 mg
Vitamin C	0.06 mg	Molybdenum	0.88 mcg
Vitamin D - IU	0.46 IU	Phosphorus	9.81 mg
Vitamin D - mcg	0.01 mcg	Potassium	49.89 mg
Vitamin E - Alpha-Toco	0.13 mg	Selenium	0.54 mcg
Folate	1.39 mcg	Sodium	56.93 mg
Folate, DFE	1.39 mcg	Zinc	0.12 mg
Vitamin K	0.38 mcg	Other Fats	
Pantothenic Acid	0.05 mg	Omega 3 Fatty Acid	0.04 g
Minerals		Omega 6 Fatty Acid	0.58 g
Calcium	9.59 mg	Other Nutrients	
Chromium	0.06 mcg	Gram Weight	25.00 g
Copper	0.03 mg	Alcohol	0 g
Fluoride	0.35 mg	Caffeine	0 mg
Iodine	0.69 mcg	Choline	4.21 mg
Iron	0.57 mg		

Yields, Measures and Costs

Chewy Oatmeal Cookies

Total Yield: 100%
Cooked Yield: 100%
% Refuse: 0%

Measures:
1.00 Serving = 25.00 g

Cost:

Pyramid

Pyramid - Fat	2.08	Pyramid - Meat	0.03
Pyramid - Bread	0.35	Pyramid - Milk	
Pyramid - Fruit	0.17	Pyramid - Vegetables	

Exchanges

Exchange - Fruit	0.17	Exchange - Other Carbs	0.36
Exchange - Meat	0.02	Exchange - Starch	0.30
Exchange - Very Lean Meat	0.02	Exchange - Vegetables	
Exchange - Milk		Exchange - Fat	0.94

Groups

WHOLE WHEAT CINNAMON ROLLS
(Yield: 58-38g)

STEP ONE:

INGREDIENTS:	U.S. MEASUREMENTS:	METRIC:
Bread Flour	1 lb	453g
Whole Wheat	1 lbs.-5 oz.	595g
Milk Powder	2 oz.	57g
Whole Eggs	2 each	48g
Salt	3/4 oz.	21g
Brown Sugar	4 oz.	113g
Instant Yeast	3/4 oz.	21g
Honey	2 oz.	57g
Water	3 cups	680g
Unsalted Butter-Chopped	8 oz.	227g
Total:	4 lb-14 oz.	2.21 kg

PROCEDURE:

1. Combine all ingredients, except for the butter, in a 20 qt. bowl. Mix for 5 minutes on first speed and then slowly add in the butter over an additional 4-5 minutes on second speed.
2. Cover and allow dough to rest for 30 minutes, punch dough down allow to rest for additional 30 minutes.
3. Roll out dough and spread filling over and roll up.
4. Proof for 1 hr.-30 minutes or until double in size.
5. Bake at 385 degrees F. For 15-27 minutes

Cinnamon Roll Filling

INGREDIENTS:	U.S. MEASUREMENTS:	METRIC:
Brown sugar	14 oz.	453g
Ground Cinnamon	2 Tbsp.	12g
Egg Whites	2 each	48g
Total:	15 oz.	513g

PROCEDURE:

1. Combine sugar, cinnamon and egg white in a bowl, stir well.
2. Spread over dough and roll up.

Equipment needed:

20qt. mixer, bowl and dough hook attachment
Rubber spatula

Additional Notes:

Recipe: Whole Wheat Cinnamon Rolls

Whole Wheat Cinnamon Rolls
Number of Servings: 58.21 (38.00 g per serving)
Weight: 2212.00 g

Item Name	Quantity	Measure	ESHA Co...
Flour, whole wheat, whole grain	21	Ounce-weight	92793
Flour, bread, wheat, unbleached, enrich	16	Ounce-weight	92790
Milk, nonfat/skim, w/o add vit A, inst pwd	2	Ounce-weight	69
Eggs, whole, raw, lrg	2	Each	19501
Salt, table	0.75	Ounce-weight	26014
Sugar, brown	4	Ounce-weight	63413
Yeast, red, inst, RapidRise	0.75	Ounce-weight	51153
Honey, clover	2	Ounce-weight	25311
Water, tap	20	Ounce-weight	21134
Butter, unsalted	8	Ounce-weight	8025

Nutrients

Basic Components	
Calories	102.08 kcal
Calories from Fat	32.41 kcal
Calories from SatFat	18.59 kcal
Protein	3.16 g
Carbohydrates	16.02 g
Dietary Fiber	1.38 g
Soluble Fiber	0.07 g
Total Sugars	3.21 g
Monosaccharides	0.01 g
Disaccharides	0.01 g
Other Carbs	11.43 g
Fat	3.66 g
Saturated Fat	2.07 g
Mono Fat	0.90 g
Poly Fat	0.14 g
Trans Fatty Acid	0.00 g
Cholesterol	15.82 mg
Water	14.75 g
Vitamins	
Vitamin A - IU	105.87 IU
Vitamin A - RAE	29.09 RAE
Vitamin A - Carotenoid RE	1.05 RE
Vitamin A - Retinol RE	28.57 RE
Beta-Carotene	6.34 mcg
Vitamin B1 - Thiamin	0.12 mg
Vitamin B2 - Riboflavin	0.09 mg
Vitamin B3 - Niacin	1.02 mg
Niacin Equivalents	1.19 mg
Vitamin B6	0.01 mg
Vitamin B12	0.07 mcg
Biotin	0.53 mcg
Vitamin C	0.97 mg
Vitamin D - IU	0.60 IU
Vitamin D - mcg	0.02 mcg
Vitamin E - Alpha-Toco	0.11 mg
Folate	12.96 mcg
Folate, DFE	1.51 mcg
Vitamin K	0.28 mcg
Pantothenic Acid	0.06 mg
Minerals	
Calcium	14.54 mg
Chromium	0.06 mcg
Copper	0.00 mg
Fluoride	7.07 mg
Iodine	3.20 mcg
Iron	0.93 mg
Magnesium	1.54 mg
Manganese	0.00 mg
Molybdenum	0.48 mcg

Recipe: Whole Wheat Cinnamon Rolls

Nutrients

Phosphorus	17.64 mg	Omega 6 Fatty Acid	0.13 g
Potassium	81.66 mg	Other Nutrients	
Selenium	0.85 mcg	Gram Weight	38.00 g
Sodium	150.58 mg	Alcohol	0 g
Zinc	0.07 mg	Caffeine	0 mg
Other Fats		Choline	4.31 mg
Omega 3 Fatty Acid	0.01 g		

Yields, Measures and Costs

Whole Wheat Cinnamon Rolls

Total Yield: 100%
Cooked Yield: 100%
% Refuse: 0%

Measures:
1.00 Serving = 38.00 g

Cost:

Pyramid

Pyramid - Fat	0.95	Pyramid - Meat	0.01
Pyramid - Bread	1.05	Pyramid - Milk	0.04
Pyramid - Fruit		Pyramid - Vegetables	

Exchanges

Exchange - Fruit		Exchange - Other Carbs	0.14
Exchange - Meat	0.03	Exchange - Starch	0.75
Exchange - Very Lean Meat		Exchange - Vegetables	
Exchange - Milk	0.04	Exchange - Fat	0.64

Groups

Notes

Recipe: Cinnamon Roll Filling

Cinnamon Roll Filling
Number of Servings: 58.42 (8.00 g per serving)
Weight: 467.38 g

Item Name	Quantity	Measure	ESHA Co...
Sugar, brown	14	Ounce-weight	63413
Spice, cinnamon, ground	2	Tablespoon	26003
Egg Whites, raw	2	Ounce-weight	19507

Nutrients

Basic Components	
Calories	26.60 kcal
Calories from Fat	0.08 kcal
Calories from SatFat	0.01 kcal
Protein	0.11 g
Carbohydrates	6.99 g
Dietary Fiber	0.13 g
Soluble Fiber	0 g
Total Sugars	6.81 g
Monosaccharides	0.01 g
Disaccharides	0.00 g
Other Carbs	0.06 g
Fat	0.01 g
Saturated Fat	0.00 g
Mono Fat	0.00 g
Poly Fat	0.00 g
Trans Fatty Acid	0 g
Cholesterol	0 mg
Water	0.87 g
Vitamins	
Vitamin A - IU	0.66 IU
Vitamin A - RAE	0.03 RAE
Vitamin A - Carotenoid RE	0.07 RE
Vitamin A - Retinol RE	0 RE
Beta-Carotene	0.09 mcg
Vitamin B1 - Thiamin	0.00 mg
Vitamin B2 - Riboflavin	0.00 mg
Vitamin B3 - Niacin	0.00 mg
Niacin Equivalents	0.02 mg
Vitamin B6	0.00 mg
Vitamin B12	0.00 mcg
Biotin	0.07 mcg
Vitamin C	0.07 mg
Vitamin D - IU	0 IU
Vitamin D - mcg	0 mcg
Vitamin E - Alpha-Toco	0.00 mg
Folate	0.11 mcg
Folate, DFE	0.11 mcg
Vitamin K	0.07 mcg
Pantothenic Acid	0.00 mg
Minerals	
Calcium	2.97 mg
Chromium	-- mcg
Copper	0.00 mg
Fluoride	-- mg
Iodine	0.53 mcg
Iron	0.09 mg
Magnesium	0.24 mg
Manganese	0.04 mg
Molybdenum	-- mcg
Phosphorus	0.29 mg
Potassium	2.76 mg
Selenium	0.20 mcg
Sodium	1.67 mg
Zinc	0.00 mg
Other Fats	
Omega 3 Fatty Acid	0 g
Omega 6 Fatty Acid	0.00 g
Other Nutrients	
Gram Weight	8.00 g
Alcohol	0 g
Caffeine	0 mg
Choline	0.04 mg

Recipe: Cinnamon Roll Filling

Yields, Measures and Costs

Cinnamon Roll Filling

Total Yield: 100%
Cooked Yield: 100%
% Refuse: 0%

Measures:
1.00 Serving = 8.00 g

Cost:

Pyramid

Pyramid - Fat	1.70	Pyramid - Meat	0.01
Pyramid - Bread		Pyramid - Milk	
Pyramid - Fruit		Pyramid - Vegetables	

Exchanges

Exchange - Fruit		Exchange - Other Carbs	0.36
Exchange - Meat		Exchange - Starch	
Exchange - Very Lean Meat	0.01	Exchange - Vegetables	
Exchange - Milk		Exchange - Fat	

Groups

Notes

WHOLE WHEAT PIZZA DOUGH
(Yield: 50-38g)

STEP ONE:

INGREDIENTS:	U.S. MEASUREMENTS:	METRIC:
Bread Flour	1 lb.	453g
Whole Wheat	1 lb.-5 oz.	595g
Milk Powder	2 oz.	57g
Salt	3/4 oz.	21g
Brown Sugar	2 oz.	57g
Instant Yeast	3/4 oz.	21g
Honey	1 1/2 oz.	43g
Water	3 cups	680g
Salad Oil	3 oz.	85g
Total:	4 lbs.-3oz.	1.9 kg

PROCEDURE:

1. Combine all ingredients in a 20qt. bowl. Mix for 5 minutes on first speed and then an additional 4-5 minutes on second speed.
2. Cover and allow dough to rest for 30 minutes, punch dough down allow to rest for additional 30 minutes.
3. Roll out dough and place on an oiled sheet pan. Place on toppings.
4. Proof for 1 hr.-30 minutes or until double in size.
5. Bake at 385 degrees F. For 18-20 minutes

Equipment needed:
20qt. mixer, bowl and dough hook attachment
Rubber spatula

Additional Notes:

Recipe: Whole Wheat Pizza Dough

Whole Wheat Pizza Dough
Number of Servings: 51.66 (38.00 g per serving)
Weight: 1963.17 g

Item Name	Quantity	Measure	ESHA Co...
Flour, whole wheat, whole grain	21	Ounce-weight	92793
Flour, bread, wheat, unbleached, enrich	16	Ounce-weight	92790
Milk, nonfat/skim, w/add vit A, dry	2	Ounce-weight	68
Salt, table	0.75	Ounce-weight	26014
Sugar, brown	2	Ounce-weight	63413
Yeast, red, inst, RapidRise	0.75	Ounce-weight	51153
Honey, clover	1.5	Ounce-weight	25311
Water, tap	22.25	Ounce-weight	21134
Oil, corn, salad or cooking	3	Ounce-weight	8009

Nutrients

Basic Components	
Calories	90.42 kcal
Calories from Fat	17.86 kcal
Calories from SatFat	2.03 kcal
Protein	3.29 g
Carbohydrates	16.71 g
Dietary Fiber	1.56 g
Soluble Fiber	0.07 g
Total Sugars	2.29 g
Monosaccharides	0 g
Disaccharides	0 g
Other Carbs	12.86 g
Fat	2.01 g
Saturated Fat	0.23 g
Mono Fat	0.47 g
Poly Fat	0.90 g
Trans Fatty Acid	0.01 g
Cholesterol	0.22 mg
Water	15.55 g
Vitamins	
Vitamin A - IU	23.91 IU
Vitamin A - RAE	7.17 RAE
Vitamin A - Carotenoid RE	0.00 RE
Vitamin A - Retinol RE	7.17 RE
Beta-Carotene	0.01 mcg
Vitamin B1 - Thiamin	0.13 mg
Vitamin B2 - Riboflavin	0.08 mg
Vitamin B3 - Niacin	1.15 mg
Niacin Equivalents	1.27 mg
Vitamin B6	0.00 mg
Vitamin B12	0.04 mcg
Biotin	0.22 mcg
Vitamin C	1.11 mg
Vitamin D - IU	0 IU
Vitamin D - mcg	0 mcg
Vitamin E - Alpha-Toco	0.24 mg
Folate	13.54 mcg
Folate, DFE	0.63 mcg
Vitamin K	0.03 mcg
Pantothenic Acid	0.04 mg
Minerals	
Calcium	14.62 mg
Chromium	0.00 mcg
Copper	0.00 mg
Fluoride	8.70 mg
Iodine	2.61 mcg
Iron	1.01 mg
Magnesium	1.35 mg
Manganese	0.00 mg
Molybdenum	0.21 mcg

Recipe: Whole Wheat Pizza Dough

Nutrients

Phosphorus	14.92 mg	Omega 6 Fatty Acid	0.88 g
Potassium	89.21 mg	Other Nutrients	
Selenium	0.30 mcg	Gram Weight	38.00 g
Sodium	166.36 mg	Alcohol	0 g
Zinc	0.05 mg	Caffeine	0 mg
Other Fats		Choline	-- mg
Omega 3 Fatty Acid	0.02 g		

Yields, Measures and Costs

Whole Wheat Pizza Dough

Total Yield: 100%
Cooked Yield: 100%
% Refuse: 0%

Measures:
1.00 Serving = 38.00 g

Cost:

Pyramid

Pyramid - Fat	0.55	Pyramid - Meat	
Pyramid - Bread	1.18	Pyramid - Milk	0.05
Pyramid - Fruit		Pyramid - Vegetables	

Exchanges

Exchange - Fruit		Exchange - Other Carbs	0.09
Exchange - Meat		Exchange - Starch	0.85
Exchange - Very Lean Meat		Exchange - Vegetables	
Exchange - Milk	0.04	Exchange - Fat	0.32

Groups

Notes

HONEY WHEAT ROLLS
(Yield: 77-25g)

STEP ONE:

INGREDIENTS:	U.S. MEASUREMENTS:	METRIC:
Bread Flour	1 lb.	453g
Whole Wheat	1 lb.-5 oz.	595g
Milk Powder	1 oz.	28g
Salt	3/4 oz.	21g
Brown Sugar	4 oz.	113g
Instant Yeast	3/4 oz.	21g
Honey	1 1/2 oz.	43g
Water	3 1/4 cups	737g
Salad Oil	1 1/2 oz.	43g
Total:	4 lbs.-3oz.	1.9 kg

PROCEDURE:

1. Combine all ingredients in a 20qt. bowl. Mix for 5 minutes on first speed and then an additional 4-5 minutes on second speed.
2. Cover and allow dough to rest for 30 minutes, punch dough down allow to rest for additional 30 minutes.
3. Divide dough into 77-90 oz./25g pieces. Round rolls
4. Proof for 1 hr.-30 minutes or until double in size.
5. Wash the top with egg wash.
6. Bake at 385 degrees F. For 18-20 minutes.

Equipment needed:

20qt. mixer, bowl and dough hook attachment
Rubber spatula

Additional Notes:

WHOLE WHEAT FRENCH BREAD
(Yield: 50-38g)

STEP ONE:

INGREDIENTS:	U.S. MEASUREMENTS:	METRIC:
Bread Flour	1 lb.	453g
Whole Wheat	1 lb.-5 oz.	595g
Milk Powder	1 3/4 oz.	50g
Salt	3/4 oz.	21g
Brown Sugar	1 1/2 oz.	43g
Instant Yeast	3/4 oz.	21g
Honey	1 1/2 oz.	43g
Water	3 cups	680g
Salad Oil	1 3/4 oz.	50g
Total:	4 lbs.-3oz.	1.9 kg

PROCEDURE:

1. Combine all ingredients in a 20 qt. bowl. Mix for 5 minutes on first speed and then an additional 4-5 minutes on second speed.
2. Cover and allow dough to rest for 30 minutes, punch dough down allow to rest for additional 30 minutes.
3. Divide dough into loaves.
4. Proof for 1 hr.-30 minutes or until double in size.
5. Wash the top with egg wash.
6. Bake at 400 degrees F. For 22-25 minutes.

Equipment needed:
20qt. mixer, bowl and dough hook attachment
Rubber spatula

Additional Notes: