

Recipe Name	Zucchini Muffins		Food Groups per Serving	
Serves	50		Vegetables & Fruit:	0
Serving Size	small muffin		Grains	1
Total Cost per recipe	\$6.95		Milk & Alternates	0
Total Cost per serving	\$0.14		Meat & Alternates	0
Costed July 20, 2010				
Ingredient	Amount Used in Recipe	Unit	Cost per Recipe	Cost per Serving
Canola oil	500.00	ml	0.727	0.015
Sugar, granulated	0.80	kg	1.116	0.022
Eggs	2.00	ea	0.748	0.015
Zucchini	2.00	ea	3.730	0.075
All purpose flour	0.60	kg	0.176	0.004
Table salt	10.00	g	0.003	0.000
Cinnamon	20.00	g	0.372	0.007
Baking powder	10.00	g	0.028	0.001
Baking soda	10.00	g	0.018	0.000
Vanilla extract	20.00	ml	0.032	0.001
1. Mix oil, sugar and eggs together.				
2. Add salt, cinnamon, baking soda, baking powder and vanilla.				
3. Add zucchini and then the flour.				
4. Bake at 350°F (180°C) for 20-25 minutes or until lightly brown/firm to the touch.				
MSVU Child Care Centre Menu Plan Project			http://www.msvu.ca/menuproject/	