Group Members \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Group Code \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Reduced Fat Muffin Bake-off

With increasing dietary concerns and restrictions, the restaurant industry must be particularly accommodating to varying diets. As a group, create a new muffin recipe by taking a muffin recipe found online or in a cookbook and make changes to reduce the overall fat content. Let’s see which muffin wins bragging rights!

**Requirements:**

* Your group will prepare no more than 12 muffins on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* Create a name card for your muffin with creative name of muffin and group code.
* Your recipe must reduce the fat content of the original recipe. Complete a nutritional analysis template.
* Complete a typed recipe template sheet to provide for the judges.
* Complete a typed food cost sheet to determine cost per muffin.

Use <http://www.festfoods.com/depere/shop-online> for pricing if needed.

|  |  |  |  |
| --- | --- | --- | --- |
| Ingredient | Amount needed | Purchase Price | Unit Price |
| Flour | 2 ½ cups | $2.29/5 lb | $.57 |
| Sugar | 1 ½ cups | $2.64/4 lbs. | $.50 |
| Eggs | 2 | $1.58/12 | $.26 |

* Staff judges will determine the final winner! Judging will be based on creativity, appearance, texture, and taste.

**Explain how you created a muffin with less fat:**

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**Recipe Template- \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Lab**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Menu Item** |  | | | | |
| **Portions** |  | **Portion Size** |  | **Cooking Method(s)** |  |
| **Recipe Source** |  | | | | |

|  |  |
| --- | --- |
| **Ingredients** | |
| **Item** | **Amount** |
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| --- |
| **Procedure** |
|  |

**Recipe Cost for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Lab**

|  |  |
| --- | --- |
| **Menu Item** |  |
| **Number of Portions** |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **Ingredients** |  | **Ingredient Cost** |  |
| **Item** | **Amount** | **Unit Cost** | **Total Cost** |
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| --- | --- |
| **Total Recipe Cost** |  |
| **Portion Cost** |  |

**Recipe Nutritional Analysis for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ lab**

**Original Recipe:**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| INGREDIENT | SERVINGS USED IN RECIPE | CALORIES | TOTAL FAT | SATURATED FAT | CHOLESTEROL | SODIUM | TOTAL CARBOHYDRATE | DIETARY FIBER | SUGAR |
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**Reduced Fat Recipe:**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| INGREDIENT | SERVINGS USED IN RECIPE | CALORIES | TOTAL FAT | SATURATED FAT | CHOLESTEROL | SODIUM | TOTAL CARBOHYDRATE | DIETARY FIBER | SUGAR |
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