Royal Brownies

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Vegetable oil		3/4 cup		1 1/2 cups		1. Cream oil, sugar, salt, vanilla, and applesauce for 5 minutes in mixing bowl on medium speed, using a paddle attachment. Scrape down the sides of the bowl.
Sugar	1 lb 10 oz	3 3/4 cups	3 lb 4 oz	1 qt 3 1/2 cups		
Salt		1 1/2 tsp		1 Tbsp		
Vanilla		1 1/2 tsp		1 Tbsp		
Canned applesauce	1 lb 4 oz	2 1/2 cups	2 lb 8 oz	1 qt 1 cup		
Frozen egg whites, thawed	12 oz	1 1/2 cups	1 lb 8 oz	3 cups		2. Add egg whites and beat for 1 minute on medium speed. Scrape down the sides of the bowl.
OR						
Fresh large egg whites		10 each		20 each		
All-purpose flour	15 oz	3 1/2 cups	1 lb 14 oz	1 qt 3 cups		3. Beat together flour, cocoa, and baking powder.
Cocoa	6 oz	1 1/2 cups 2 Tbsp	12 oz	3 1/4 cups		4. Add to wet ingredients and mix for 30 seconds on low speed, then for 1 minute on medium speed. Scrape down the sides of the bowl. Batter will be very thick.
Baking powder		1 Tbsp		2 Tbsp		5. For 50 servings, spread 2 qt 1 1/2 cups (5 lb 3 oz) of batter in one half-sheet pan (18" x 13" x 1"), which has been lightly greased. For 100 servings, spread 1 gal 3 cups (10 lb 6 oz) batter in one sheet pan (18" x 26" x 1"), which has been lightly greased.

(over)

SERVING: 1 piece

YIELD: 50 servings: 5 lb
100 servings: 10 lb

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Chopped walnuts (optional) ...	4 oz	1 cup	8 oz	2 cups	.....	5. Sprinkle nuts (optional) over batter. 6. **To Bake:** Conventional Oven 350°F, 20-30 minutes Convection Oven 300°F, 18-25 minutes Bake until set, but still moist in the center. 7. For 50 servings, cut half-sheet pan 5 x 10 (50 pieces per pan). For 100 servings, cut sheet pan 10 x 10 (100 pieces per pan).

Variations

Swiss Brownies

Swiss Brownies: Swiss Brownies are lighter in color than Royal Brownies.
50 servings: Decrease cocoa to 4 oz ($1^1/_3$ cups).
100 servings: Decrease cocoa to 8 oz ($2^2/_3$ cups).

Special Tip: Brownies may be iced with Brownie Icing (C-22) or sprinkled with powdered sugar.

Nutrients Per Serving

Calories	134	Saturated Fat	.8 g	Iron	.9 mg
Protein	2 g	Cholesterol	0 mg	Calcium	23 mg
Carbohydrate	25 g	Vitamin A	0 RE/4 IU	Sodium	112 mg
Total Fat	3.8 g	Vitamin C	0 mg	Dietary Fiber	1 g

Brownie Icing

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Powdered sugar	1 lb	3½ cups	2 lb	1 qt 3 cups		1. Beat all ingredients on low speed for 5 minutes or until smooth.
Cocoa	3 oz	¾ cup	6 oz	1½ cups		2. Recipe for 50 servings ices one half-sheet pan (18" x 13" x 1").
Margarine or butter	3 oz		6 oz			
Lowfat milk		½ cup		1 cup		
Vanilla		2 Tbsp		¼ cup		

(over)

Brownie Icing *(continued, page 2 of 2)*

SERVING: 1 Tbsp

YIELD: 50 servings: 1 lb 11½ oz
100 servings: 3 lb 7 oz

VOLUME: 50 servings: 3 cups
100 servings: 1 qt 2 cups

Nutrients Per Serving

Calories	54	Saturated Fat	.4 g	Iron	.2 mg
Protein	0 g	Cholesterol	0 mg	Calcium	6 mg
Carbohydrate	10 g	Vitamin A	18 RE/62 IU	Sodium	18 mg
Total Fat	1.6 g	Vitamin C	0 mg	Dietary Fiber	1 g

Gingerbread

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Sugar	14 oz	1 3/4 cups	1 lb 12 oz	3 1/2 cups		1. Combine dry ingredients in mixer bowl using a paddle attachment. Blend on low speed for 1 minute.
All-purpose flour	2 lb 4 oz	1 qt 2 3/4 cups	4 lb 8 oz	3 qt 1 1/2 cups		
Baking soda		2 Tbsp		1/4 cup		
Salt		1 1/2 tsp		1 Tbsp		
Ground cinnamon		1 Tbsp		2 Tbsp		
Ground cloves		1 tsp		2 tsp		
Ground ginger		1 tsp		2 tsp		
Vegetable oil		1 3/4 cups		3 1/2 cups		2. Mix vegetable oil, egg whites, hot water, and molasses in a bowl with a wire whip for 2 minutes or until blended. Slowly add the oil mixture to dry ingredients on low speed and mix for 1 minute or until blended. Scrape down the sides of the bowl.
Frozen egg whites, thawed	12 oz	1 1/2 cups	1 lb 8 oz	3 cups		
OR						
Fresh large egg whites		10 each		20 each		
Hot water		3 3/4 cups		1 qt 3 1/2 cups		
Molasses		3 1/2 cups		1 qt 3 cups		3. Pour 1 gallon (8 lb 12 oz) of batter into each lightly greased and floured 18" x 26" x 1" sheet pan. **To Bake:** Conventional Oven 350°F, 35 minutes Convection Oven 325°F, 25 minutes 4. Cut each cake 10x5 into 50 pieces.

(over)

SERVING: 1 piece

YIELD: 50 servings: 8 lb 2 oz
100 servings: 16 lb 4 oz

Special Tips:

1) To make pouring easy, place bottles of molasses in hot water for 5 minutes before using.

2) Serve with Whipped Topping (C-19), powdered sugar, or Orange Glaze (C-24).

3) Cupcakes can be made for a special occasion. Using a No. 16 scoop (1/4 cup), portion into greased or paper-lined muffin tins. Bake in a 375°F conventional oven for 15 to 20 minutes. One gallon of batter makes approximately 50 cupcakes.

Nutrients Per Serving

Calories	238	Saturated Fat	1.2 g	Iron	2.1 mg
Protein	3 g	Cholesterol	0 mg	Calcium	53 mg
Carbohydrate	40 g	Vitamin A	0 RE/1 IU	Sodium	242 mg
Total Fat	7.9 g	Vitamin C	0 mg	Dietary Fiber	1 g

Orange Glaze

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Powdered sugar	14 oz	3 cups	1 lb 12 oz	1 qt 2 cups		1. Beat all ingredients on low speed for 5 minutes or until smooth.
Frozen orange juice concentrate, thawed		1/4 cup		1/2 cup		2. Recipe for 50 servings ices one half-sheet pan (18" x 13" x 1").
Water		1/4 cup		1/2 cup		
Orange rind, grated		1 Tbsp		2 Tbsp		

(over)

Orange Glaze *(continued, page 2 of 2)*

SERVING: 2 tsp

YIELD: 50 servings: 1 lb 11½ oz
100 servings: 3 lb 7 oz

VOLUME: 50 servings: 3 cups
100 servings: 1 qt 2 cups

Nutrients Per Serving

Calories	33	Saturated Fat	0 g	Iron	0 mg
Protein	0 g	Cholesterol	0 mg	Calcium	1 mg
Carbohydrate	8 g	Vitamin A	0 RE/4 IU	Sodium	0 mg
Total Fat	0 g	Vitamin C	2 mg	Dietary Fiber	0 g

New Oatmeal Raisin Cookies

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Sugar	1 lb 8 oz	3 cups	3 lb	1 qt 2 cups		1. Beat the sugar and margarine or butter with a paddle attachment until smooth and creamy, about 5 minutes.
Margarine or butter	8 oz	1 cup	1 lb	2 cups		
Frozen whole eggs, thawed	8 oz	1 cup	1 lb	2 cups		2. Add eggs slowly and mix on medium speed for 1 minute.
OR						
Fresh large eggs		4 each		8 each		
Lowfat milk		½ cup		1 cup		3. Slowly add applesauce and milk. Mix for another minute on medium speed. Scrape sides of bowl.
Canned applesauce	8 oz	1 cup	1 lb	2 cups		
All-purpose flour	12 oz	3 cups	1 lb 8 oz	1 qt 2 cups		4. Add the flour, baking soda, cinnamon, nutmeg, and salt. Mix on low speed until blended, about 2 minutes.
Baking soda		1 tsp		2 tsp		
Salt		1 tsp		2 tsp		
Ground cinnamon		2 tsp		1 Tbsp 1 tsp		
Ground nutmeg		1 tsp		2 tsp		
Rolled oats	1 lb 4 oz	1 qt 2 cups	2 lb 8 oz	3 qt		5. Add oats and raisins and blend for 30 seconds on low speed. Scrape down sides of bowl.
Raisins	13 oz	2 cups	1 lb 10 oz	1 qt		6. Portion with level No. 30 scoop (2 Tbsp) in rows of 5 down and 4 across onto each greased (or lined with baker's paper) sheet pan (18" x 26" x 1"). **To Bake:** Conventional Oven 350°F, 18-20 minutes Convection Oven 325°F, 10-12 minutes Bake until lightly browned.

(over)

SERVING: 1 cookie

YIELD: 50 servings: 5 lb 14 oz
100 servings: 11 lb 12 oz

VOLUME: 50 servings: 3 qt (dough)
100 servings: 1 gal 2 qt (dough)

Special Tip: For a bar cookie, spread 3 qt (5 lb 14 oz) of dough in a greased half-sheet pan (18" x 13" x 1") and bake for 20 to 25 minutes in a 325°F convection oven. Cut 5x10 for 50 servings.

Nutrients Per Serving

Calories	186	Saturated Fat	1.1 g	Iron	1.0 mg
Protein	3 g	Cholesterol	19 mg	Calcium	18 mg
Carbohydrate	33 g	Vitamin A	56 RE/196 IU	Sodium	123 mg
Total Fat	5.0 g	Vitamin C	0 mg	Dietary Fiber	2 g

Peanut Butter Bars

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Margarine or butter	4 oz	1/2 cup	8 oz	1 cup		1. Cream margarine or butter, brown sugar, peanut butter, and salt in a mixer with a paddle attachment for 10 minutes.
Brown sugar	1 lb 2 oz	3 cups	2 lb 4 oz	1 qt 2 cups		
Peanut butter	13 oz	1 1/3 cups	1 lb 10 oz	2 2/3 cups		
Salt		1 tsp		2 tsp		
Frozen egg whites, thawed		1 1/4 cups		2 1/2 cups		2. Add egg whites, applesauce, and vanilla. Mix for 1 minute or until smooth. Scrape down the sides of the bowl.
OR						
Fresh large egg whites		5 each		10 each		
Canned applesauce	4 oz	1/2 cup	8 oz	1 cup		
Vanilla		1 Tbsp		2 Tbsp		
All-purpose flour	1 lb	3 cups	2 lb	1 qt 2 cups		3. Combine baking powder and flour. Add half of this to batter and mix. Add the other half and mix. Continue mixing for 1 minute or until smooth.
Baking powder		1 Tbsp		2 Tbsp		
						4. For 50 servings, spread 1 1/2 qts (4 lb 2 oz) of batter in a lightly greased 18" x 13" x 1" half-sheet pan. For 100 servings, spread 3 qts (8 lb 4 oz) in one lightly greased 18" x 26" x 1" sheet pan.
						5. **To Bake:** Conventional Oven 350°F, 25 minutes Convection Oven 325°F, 20 minutes Bake until set and light brown.
						6. Cut 18" x 13" x 1" pan 5 x 10. Cut 18" x 26" x 1" pan 10 x 10.
						7. Frost with Peanut Butter Glaze (C-27).

(over)

Peanut Butter Bars *(continued, page 2 of 2)*

SERVING: 1 bar

YIELD: 50 servings: 3 lb 13 oz
100 servings: 7 lb 10 oz

Nutrients Per Serving

Calories	136	Saturated Fat	1.1 g	Iron	.8 mg
Protein	3 g	Cholesterol	0 mg	Calcium	30 mg
Carbohydrate	19 g	Vitamin A	23 RE/76 IU	Sodium	145 mg
Total Fat	5.7 g	Vitamin C	0 mg	Dietary Fiber	1 g

Peanut Butter Glaze

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Powdered sugar Peanut butter	13 oz 4 oz	2 cups ½ cup	1 lb 10 oz 8 oz	1 qt 1 cup		1. Cream powdered sugar and peanut butter in a mixer with a paddle attachment for 5 minutes.
Corn syrup Lowfat milk	1½ oz 	3 Tbsp ½ cup	3 oz 	⅜ cup 1 cup		2. Add corn syrup and lowfat milk and mix until smooth. 3. Spread over slightly cooled peanut butter bars. 4. Use 1 lb 7 oz (3 cups) for each half-sheet pan (18" x 13" x 1").

(over)

Peanut Butter Glaze *(continued, page 2 of 2)*

SERVING: 1 Tbsp

YIELD: 50 servings: 1 lb 7 oz
100 servings: 2 lb 14 oz

VOLUME: 50 servings: 3 cups
100 servings: 1½ qt

Nutrients Per Serving

Calories	46	Saturated Fat	.3 g	Iron	0 mg
Protein	1 g	Cholesterol	0 mg	Calcium	4 mg
Carbohydrate	9 g	Vitamin A	1 RE/5 IU	Sodium	13 mg
Total Fat	1.2 g	Vitamin C	0 mg	Dietary Fiber	0 g

New Spice Cake

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Sugar Margarine or butter Vanilla	1 lb 12 oz 1 lb	3½ cups 2 cups 1 Tbsp	3 lb 8 oz 2 lb	1 qt 3 cups 1 qt 2 Tbsp	....	1. Using a paddle attachment, beat sugar, margarine or butter, and vanilla in a mixing bowl until smooth and creamy, about 5 minutes.
Frozen egg whites, thawed **OR** Fresh large egg whites	8 oz	1 cup 8 each	1 lb	2 cups 16 each	....	2. Add egg whites slowly. Mix for 1 minute or until blended.
All-purpose flour Baking soda Ground cinnamon Ground cloves Ground nutmeg Lowfat milk	1 lb 12 oz	1 qt 3 cups 1 Tbsp 1 tsp 1 Tbsp 1½ tsp 1 tsp 1 qt	3 lb 8 oz	3 qt 2 cups 2 Tbsp 2 tsp 2 Tbsp 1 Tbsp 2 tsp 2 qt	....	3. Mix flour, baking soda, and spices together. Add the flour mixture to the creamed mixture, alternately with the lowfat milk. Be careful not to overmix. 4. Pour 1 gallon (7 lb 4 oz) of batter into each 12" x 20" x 2½" lightly greased steam table pan. 5. **To Bake:** Conventional Oven 350°F, 25 to 30 minutes Convection Oven 325°F, 20 minutes When done, cake will spring back when lightly touched. 6. Cut 5x10 for 50 servings. 7. Frost with Spice Icing (C-29).

(over)

SERVING: 1 piece

YIELD: 50 servings: 7 lb
100 servings: 14 lb

Special Tip: This can also be baked in a sheet pan (18" x 26" x 1" for 1 gallon of batter). Bake in a conventional oven at 350°F for 15 to 20 minutes. Cut 5 x 10 for 50 servings.

Nutrients Per Serving

Calories	196	Saturated Fat	1.6 g	Iron	.8 mg
Protein	3 g	Cholesterol	1 mg	Calcium	32 mg
Carbohydrate	29 g	Vitamin A	102 RE/341 IU	Sodium	204 mg
Total Fat	7.7 g	Vitamin C	0 mg	Dietary Fiber	1 g

Spice Icing

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Powdered sugar	1 lb	1 qt	2 lb	2 qt		1. Combine dry ingredients in a mixing bowl. Using a paddle attachment, mix for 1 minute at low speed.
Salt		1/2 tsp		1 tsp		
Nonfat dry milk	1 oz	2 Tbsp	2 oz	1/4 cup		
Ground cinnamon		1 tsp		2 tsp		
Ground nutmeg		1/8 tsp		1/4 tsp		
Ground ginger		1/8 tsp		1/4 tsp		
Margarine or butter	3 oz	3/8 cup	6 oz	3/4 cup		2. Add margarine or butter and mix for 5 minutes at low speed. Scrape down sides of bowl.
Water		1/4 cup		1/2 cup		3. Add water slowly and mix for 2 minutes at low speed. Scrape down sides of bowl.
Vanilla		1 1/2 tsp		1 Tbsp		4. Add vanilla and mix on medium speed for 5 minutes until light and fluffy.
						5. Use 2 cups (1 lb 4 oz) for each 12" x 20" x 2 1/2" steam table pan.

(over)

SERVING: 2 teaspoons

YIELD: 50 servings: 1 lb 4 oz
100 servings: 2 lb 8 oz

VOLUME: 50 servings: 2 cups
100 servings: 1 qt

Nutrients Per Serving

Calories	50	Saturated Fat	.3 g	Iron	0 mg
Protein	0 g	Cholesterol	0 mg	Calcium	8 mg
Carbohydrate	9 g	Vitamin A	17 RE/57 IU	Sodium	42 mg
Total Fat	1.4 g	Vitamin C	0 mg	Dietary Fiber	0 g

Whole Wheat Sugar Cookies

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Margarine or butter Sugar	12 oz 1 lb 8 oz	1½ cups 3 cups	1 lb 8 oz 3 lb	3 cups 1 qt 2 cups		1. Cream margarine or butter and sugar in a mixer, using a paddle attachment on medium speed for 10 minutes.
Frozen whole eggs, thawed **OR** Fresh large eggs Vanilla Lowfat milk	6 oz 	¾ cup 3 each 1 Tbsp ⅜ cup	12 oz 	1½ cups 6 each 2 Tbsp ¾ cup		2. Add eggs, vanilla, and milk. Mix for 1 minute or until smooth. Scrape down sides of the bowl.
Whole wheat flour Baking powder Baking soda Salt Ground nutmeg Ground cinnamon	1 lb 13 oz 	1 qt 2 cups 1 Tbsp 1½ tsp 1½ tsp 1 tsp 1 tsp	3 lb 10 oz 	3 qt 2 Tbsp 1 Tbsp 1 Tbsp 2 tsp 2 tsp		3. Mix all dry ingredients. Add gradually to the creamed mixture. Mix for 1 minute or until well blended. Scrape down sides of the bowl.
Sugar Ground cinnamon	4 oz 	½ cup 2 tsp	8 oz 	1 cup 1 Tbsp 1 tsp		4. Portion with a No. 30 scoop (4x5) on lightly greased or paperlined 18" x 26" x 1" sheet pans. 5. Combine sugar and cinnamon in a salt shaker and sprinkle over cookies. 6. **To Bake:** Conventional Oven 375°F, 12 minutes Convection Oven 350°F, 16 minutes Bake until light brown.

(over)

Whole Wheat Sugar Cookies *(continued, page 2 of 2)*

SERVING: 1 cookie

YIELD: 50 servings: 3 lb 15 oz
100 servings: 7 lb 14 oz

VOLUME: 50 servings: 1 qt ¼ cup (dough)
100 servings: 2 qt ½ cup (dough)

Special Tip: For a lighter texture, substitute all-purpose flour for half of the whole wheat flour.

Nutrients Per Serving

Calories	173	Saturated Fat	1.3 g	Iron	.8 mg
Protein	3 g	Cholesterol	15 mg	Calcium	30 mg
Carbohydrate	28 g	Vitamin A	75 RE/251 IU	Sodium	207 mg
Total Fat	6.2 g	Vitamin C	0 mg	Dietary Fiber	2 g

Chocoleana Cake (Choc-o-LEAN-a)

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Sugar	2 lb	1 qt	4 lb	2 qt		1. Blend sugar, flour, cocoa, dry milk, baking powder, baking soda, and salt for 2 minutes in a mixer, on low speed, using a paddle attachment.
All-purpose flour	1 lb 10 oz	1 qt 2½ cups	3 lb 4 oz	3 qt 1 cup		
Cocoa	5 oz	1⅓ cups	10 oz	2⅔ cups		
Nonfat dry milk	3 oz	1 cup	6 oz	2 cups		
Baking powder		2 Tbsp 1½ tsp		¼ cup 1 Tbsp		
Baking soda		1 Tbsp		2 Tbsp		
Salt		1½ tsp		1 Tbsp		
Lowfat plain yogurt	4 oz	½ cup	8 oz	1 cup		2. In a large bowl using a wire whip, mix yogurt, applesauce, egg whites, vanilla, vegetable oil, and water until blended.
Canned unsweetened applesauce	1 lb	2 cups	2 lb	1 qt		
Frozen egg whites, thawed	1 lb	2 cups	2 lb	1 qt		3. Slowly add this liquid mixture to the dry ingredients in the mixer. Mix on low speed for 1 minute. Scrape down sides of bowl.
OR						
Fresh large egg whites		13 each		26 each		
Vanilla		1½ tsp		1 Tbsp		4. On medium speed, mix batter for 30 seconds, until smooth.
Vegetable oil		1 cup		2 cups		
Water		1 cup		2 cups		5. Pour 3 qt 1 cup (7 lb 2 oz) of batter into each lightly greased and floured 18" x 26" x 1" sheet pan.
						6. **To Bake:** Conventional Oven 350°F, 30 minutes Convection Oven 325°F, 20 minutes When done, cake will spring back when lightly touched.
						7. Cut each cake (10 x 5) into 50 pieces.

(over)

SERVING: 1 piece

YIELD: 50 servings: 6 lb 12 oz
100 servings: 13 lb 6 oz

Special Tips:

1) Cake may be lightly dusted with powdered sugar.

2) Cupcakes can be made for a special occasion. Using a No. 16 scoop (1/4 cup), portion into greased or paper-lined muffin tins. Bake in a 375°F conventional oven for 10 to 15 minutes. Three quarts 1 cup of batter makes approximately 50 cupcakes.

Nutrients Per Serving

Calories	186	Saturated Fat	.9 g	Iron	1.2 mg
Protein	4 g	Cholesterol	0 mg	Calcium	73 mg
Carbohydrate	33 g	Vitamin A	1 RE/5 IU	Sodium	245 mg
Total Fat	4.9 g	Vitamin C	0 mg	Dietary Fiber	1 g

Chocolate Glaze

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Powdered sugar	1 lb 3 oz	1 qt	2 lb 6 oz	2 qt		1. Measure sugar, salt, nonfat dry milk, and cocoa into a mixing bowl. Mix at low speed, using a paddle attachment, for 1 minute.
Salt		1/4 tsp		1/2 tsp		
Nonfat dry milk	1/2 oz	1/4 cup	1 oz	1/2 cup		
Cocoa	1 1/2 oz	1/4 cup 2 Tbsp	3 oz	3/4 cup		
Corn syrup	3 oz	1/4 cup	6 oz	1/2 cup		2. Add corn syrup and blend at low speed for 2 minutes.
Hot water		1/2 cup		1 cup		3. Add hot water (160°F) and blend on medium speed for 3 minutes.
Margarine or butter, melted	2 1/2 oz		5 oz			4. Add melted margarine and blend for 3 minutes.
Vanilla		2 tsp		1 Tbsp 1 tsp		5. Add vanilla and mix at low speed for 30 seconds or until well blended.
						6. Spread 3 cups over each sheet pan (18" x 26" x 1").

(over)

SERVING: 1 Tbsp

YIELD: 50 servings: 1 lb 14 oz
100 servings: 3 lb 12 oz

VOLUME: 50 servings: 3 cups
100 servings: 1 qt 2 cups

Nutrients Per Serving

Calories	60	Saturated Fat	.3 g	Iron	.1 mg
Protein	0 g	Cholesterol	0 mg	Calcium	5 mg
Carbohydrate	13 g	Vitamin A	14 RE/47 IU	Sodium	29 mg
Total Fat	1.3 g	Vitamin C	0 mg	Dietary Fiber	0 g

Orange Rice Pudding

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
White long-grain rice Water	2 lb 	1 qt 1/2 cup 2 qt 1 cup	4 lb 	2 qt 1 cup 1 gal 2 cups	 	1. Place 2 lb of rice and 2 qt of water in each 12" x 20" x 2 1/2" steam table pan. Cover with foil or a metal lid. **To Bake:** Conventional Oven 350°F, 35 minutes Convection Oven 325°F, 25 minutes Steamer 20 minutes, until tender 2. Set aside to cool for at least 1 hour.
Sugar Lowfat milk Orange rind, grated Ground cinnamon (optional) Vanilla Raisins (optional)	1 lb 6 oz	2 cups 2 qt 1/4 cup 2 Tbsp 1/2 tsp 2 Tbsp 1 cup	2 lb 12 oz	1 qt 1 gal 3/4 cup 1 tsp 1/4 cup 2 cups	 	3. Mix sugar, milk, orange rind, cinnamon (optional), vanilla, and raisins (optional) in a mixing bowl. Pour 3 qt 2 cups (5 lb) of this mixture over each pan of cooled rice. Cover each pan with foil or metal lid. 4. **To Bake:** Conventional Oven 375°F, 55 minutes Convection Oven 350°F, 45 minutes Bake until set. 5. Refrigerate for 2-3 hours before serving. 6. Each pan serves 50.

(over)

SERVING: $^1/_3$ cup (No. 12 scoop)

YIELD: 50 servings: 10 lb 4 oz
100 servings: 20 lb 8 oz

Special Tip: Rice may be cooked a day ahead.

Nutrients Per Serving

Calories	120	Saturated Fat	.3 g	Iron	.8 mg
Protein	3 g	Cholesterol	1.5 mg	Calcium	55 mg
Carbohydrate	26 g	Vitamin A	23 RE/83 IU	Sodium	22 mg
Total Fat	.5 g	Vitamin C	1 mg	Dietary Fiber	0 g

Baked Bananas

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Brown sugar	14 oz	2 cups	1 lb 12 oz	1 qt		1. Heat brown sugar, water, and honey in a saucepan over low heat until sugar is dissolved, about 5 minutes.
Water		1 cup		2 cups		
Honey	12 oz	1 cup	1 lb 8 oz	2 cups		
Small bananas, 150-portion pack-peeled		25 each		50 each		2. Cut bananas in half crosswise. Place 25 halves into each 12" x 20" x 2½" steam table pan. Pour ¾ cup of syrup over each pan of bananas. 3. **To Bake:** Conventional Oven 375°F, 12 minutes Convection Oven 350°F, 10 minutes Bake until slightly browned. 4. Serve warm, with sauce.

(over)

Baked Bananas *(continued, page 2 of 2)*

SERVING: 1 piece (1/2 banana) provides 1/4 cup of fruit

YIELD: 50 servings: 5 lb 10 oz
100 servings: 11 lb 4 oz

Special Tips:

1) Use bananas that are slightly green so they won't fall apart.

2) Baked bananas may be sliced and served over ice cream or pancakes.

Nutrients Per Serving

Calories	97	Saturated Fat	.1 g	Iron	.3 mg
Protein	1 g	Cholesterol	0 mg	Calcium	10 mg
Carbohydrate	25 g	Vitamin A	3 RE/35 IU	Sodium	4 mg
Total Fat	.2 g	Vitamin C	4 mg	Dietary Fiber	1 g