



MUFFIN TIN RECIPES

for the CACFP: Ages 3-5

Using **large muffin tins** while preparing meals helps ensure that every child is receiving the correct serving size for each meal component. These recipes are per child served. Baking without a paper liner or silicone cup? **Brush tin with vegetable oil or use cooking oil spray before adding ingredients.**

BREAKFAST

Potato and Egg Cup

- ½ cup grated potato
- 1 egg
- melted butter
- salt and pepper

Preheat oven to 400° F. Press potatoes tightly into the tin around the edges and the bottom to resemble a nest. Brush lightly with butter. Bake for 15 to 20 minutes. Allow the nests to cool and then crack the egg into each nest. Add salt and pepper to taste. Bake for about 15 more minutes until egg whites are set. Serve while warm and have the children sprinkle their favorite cheese on top.



2 oz eq meat/meat alternate,
½ cup vegetable

French Toast Berry Cup

- 1 slice WGR bread, crust removed
- 1 egg
- 2 tbsp milk
- 1 tsp cinnamon
- ½ cup berries
- 1 tsp maple syrup

Preheat oven to 375° F. In a large bowl, whisk eggs, milk, and cinnamon. Dunk bread into egg mixture making sure both sides are covered. Press into muffin tin. Bake for 10-12 minutes. Pour berries into the center and drizzle with the maple syrup.



½ oz eq grains, ½ cup fruit

Omelet Cup

- 1 egg
- 1 slice ham
- ½ cup diced onion, green pepper, and tomato mixture
- 1 tbsp parmesan cheese
- 1 tbsp cheddar cheese

Preheat oven to 425° F. Line each muffin tin with ham. Whisk egg, cheeses and vegetable mix together. Pour into the cup and sprinkle with salt and pepper. Bake for 15 minutes.



2 oz eq meat/meat alternate,
½ cup vegetable

LUNCH/SUPPER

Taco Pie

- 3" pie crust or tortilla circle (14 grams)
- ¾ ounce refried beans
- ¾ ounce cooked ground beef (prepared with taco seasoning)
- shredded cheese
- ½ cup equivalent shredded lettuce, diced tomatoes, & onion, and chopped avocado mixture

Preheat oven to 350° F. Press pastry until it fits neatly into the cup. Spoon the beef and refried beans into the cups. Sprinkle with cheese. Bake until cheese melts and edges of crust is brown. Top with lettuce mix.



1 ½ oz eq MMA, ½ oz eq grains, ¼ cup fruit

Spaghetti Meatball Nest

- ¼ cup cooked spaghetti noodles
- 1 tbsp parmesan cheese
- 1 tsp olive oil
- (3) ½ oz eq* prepared meatballs (1.5 oz eq total)
- pasta sauce

Preheat oven to 375° F. Toss noodles with parmesan cheese and olive oil. Arrange them in the shape of a nest into each muffin tin. In the center arrange the three meatballs and drizzle with pasta sauce. Bake for 20 to 25 minutes.

*Check the CN Label or PFS to determine the amount needed to get ½ oz eq meatball



1 ½ oz eq meat/meat alternate,
½ oz eq grains

Stuffed Biscuit Cup

- ¾ oz eq* sliced ham or turkey
- ¾ ounce shredded cheddar cheese
- 1 canned biscuit weighing at least 14 grams or ½ ounce

Preheat the oven to 400° F. Roll the biscuit out flat and add meat and cheese to center. Pinch edges together to seal tight. Place the stuffed biscuit in muffin tin. Bake for 10-12 minutes or until golden brown.

*Check the CN Label or PFS to determine the amount needed to get ¾ oz eq deli meat



1 ½ oz eq meat/meat alternate,
½ oz eq grains

SNACKS

Greek Freeze Smoothie

- 2 ounces greek yogurt
- ½ cup fruit

Add the two ingredients together with a dash of vanilla into a blender. Blend until smooth. Spoon into silicone muffin cups and place in freezer for 5 hours or medium freeze.



½ oz eq meat/meat alternate,
½ cup fruit

Pizza Spiral

- ½ (14 oz) pizza dough, each strip must be 14g minimum for ½ oz eq
- 1-2 tbsp marinara sauce
- 2 tbsp shredded mozzarella cheese

Preheat oven to 375° F. Roll dough into 18"x6" rectangle. Cut into 12 long strips, 1 ½" each. Cover strip with sauce and cheese, roll and place in tin. Brush oil on top. Bake 20-26 minutes.



½ oz eq meat/meat alternate,
1 oz eq grains

Veggie Bundle

- ½ cup mixed vegetables sliced into sticks (carrots, cucumbers, celery, asparagus)
- 2 tbsp hummus

Spoon hummus inside each silicone muffin cup or paper liner. Place vegetable sticks upright into the hummus to encourage dipping.



½ oz eq meat/meat alternate,
½ cup vegetable

Found another muffin tin recipe you want to save? Write it down.

Recipe

Ingredients

Directions



Pro Tips:

- Using muffin tin paper liners makes serving and clean up easier. During the holidays look for fun, themed paper liners. Serving in a fun liner will encourage the children to try the recipe.
- Be careful when preparing meals in muffin tins, required amounts are different for snack verses lunch or supper. Check meal pattern for correct requirements for meal component if using any above recipes for a different mealtime.
- Muffin tin recipes are an easy way to get children involved with meal preparation.
- Silicone muffin cups are reusable which saves money and children love them.

