Berry Medley and Quinoa Breakfast Bake

Love breakfast casseroles? Start the day with this delicious breakfast made with quinoa, oats, and berries. Serve it hot or cold.

Ages: 3–5 years  
Makes: 6 servings  
Prep time: 10 minutes  
Cook time: 30 minutes

**INGREDIENTS**

- Nonstick cooking spray
- ¼ cup (1⅝ oz) quinoa, dry, rinsed
- ½ cup (1½ oz) oats, rolled, dry (not quick)
- 2 Tbsp brown sugar, packed
- ¼ tsp cinnamon, ground
- ⅛ tsp salt, table
- 1¼ cups milk, low-fat (1%)
- ¼ tsp vanilla extract
- 3 cups (13⅛ oz) blueberries, blackberries, and raspberries, whole, frozen, unsweetened

**DIRECTIONS**

1. Wash hands with soap and water for at least 20 seconds.
2. Preheat oven to 400 °F.
3. Spray a loaf pan (8½" x 4½" x 2½") with nonstick cooking spray.
4. In a medium bowl, combine quinoa, oats, brown sugar, cinnamon, salt, milk, vanilla extract, and berries. Mix well.
5. Pour mixture into prepared loaf pan.
6. Bake for 25–30 minutes or until quinoa is cooked. Heat to 140 °F or higher for at least 15 seconds.
7. Remove from the oven and stir carefully. Let sit for 5 minutes before serving.
8. Serve ½ cup. Serve immediately, or keep warm at 140 °F or higher. For cold service, keep cold at 40 °F or lower.
### NUTRITION INFORMATION

#### ½ cup Berry Medley and Quinoa Breakfast Bake

<table>
<thead>
<tr>
<th>Nutrients</th>
<th>Amount</th>
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<tbody>
<tr>
<td>Calories</td>
<td>177</td>
</tr>
<tr>
<td>Total Fat</td>
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<tr>
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<tr>
<td>Cholesterol</td>
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<td>Sodium</td>
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<tr>
<td>Total Carbohydrate</td>
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</table>

N/A = Data not available

**Source:** Team Nutrition CACFP Easy Recipe Project

[TeamNutrition.USDA.gov](http://TeamNutrition.USDA.gov)

### CACFP CREDITING INFORMATION

- ¼ cup fruit
- ½ oz eq grains

### CHEF TIPS

- **Contains milk.** Some oats may be grown/processed with other wheat products.
- For a thicker consistency allow dish to sit for 5–10 minutes before serving.
- The 🌾 symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.