



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

the INGREDIENTS

Nonstick cooking spray

¼ cup (1⁵/₈ oz) quinoa, dry, rinsed

½ cup (1⁵/₈ oz) oats, rolled, dry (not quick)

2 Tbsp brown sugar, packed

¼ tsp cinnamon, ground

⅛ tsp salt, table

1 ¼ cups milk, low-fat (1%)

¼ tsp vanilla extract

3 cups (13¹/₂ oz) blueberries, blackberries, and raspberries, whole, frozen, unsweetened

the 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.





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NUTRITION INFORMATION

½ cup Berry Medley and Quinoa
Breakfast Bake

Nutrients	Amount
Calories	177
Total Fat	3 g
Saturated Fat	1 g
Cholesterol	2 mg
Sodium	71 mg
Total Carbohydrate	33 g
Dietary Fiber	6 g
Total Sugars	12 g
Added Sugars included	N/A
Protein	6 g
Vitamin D	N/A
Calcium	95 mg
Iron	2 mg
Potassium	N/A


N/A = Data not available

Source: Team Nutrition CACFP Easy
Recipe Project

[TeamNutrition.USDA.gov](https://www.teamnutrition.usda.gov)


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CACFP CREDITING INFORMATION

¼ cup fruit
½ oz eq grains 

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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.

