



## Spiced Oatmeal

A traditional breakfast of whole grain oats sprinkled with warm flavors of cinnamon for an added delicious twist.

### CACFP Adult Portion Crediting Information

1 cup (8 oz spoodle) provides 2 oz equivalent grains.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS Recommend to prepare and cook in batches of 25 servings
	Weight	Measure	Weight	Measure	
Low-fat (1%) milk		2 qt 1 ¼ cups		1 gal 2 ½ cups	<b>1</b> Bring milk and water to a boil.
Water		2 qt ¼ cup		1 gal ½ cup	
Margarine, trans fat-free	3 oz	⅓ cup 2 tsp	6 oz	⅔ cup 1 Tbsp 1 tsp	<b>2</b> Add margarine, agave, vanilla, cinnamon, nutmeg, and salt, stirring constantly.
Agave nectar (See Notes Section)		¾ cup		1 ½ cups	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Vanilla extract		1 Tbsp		2 Tbsp	
Ground cinnamon		½ tsp		1 tsp	
Ground nutmeg		½ tsp		1 tsp	
Salt		1 tsp		2 tsp	
Oats, rolled, dry (See Notes Section)	1 lb 15 oz	2 qt	3 lb 14 oz	1 gal	<b>3</b> Add oats. Reduce heat to medium. Stir constantly for 5-8 minutes until oatmeal slightly thickens.
					<b>4</b> Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
					<b>5</b> Reduce heat to low to prevent burning.
					<b>6</b> Pour about 10 lb 2 oz (1 gal) oatmeal into a steam table pan (12" x 20" x 2 ½"). For 25 servings, use 1 pan. Serve immediately. For 50 servings, use 2 pans. Serve immediately.
					<b>7</b> Critical Control Point: Hold for hot service at 140 °F or higher.
					<b>8</b> Serve 1 cup (portion with 8 oz spoodle).

### NUTRITION INFORMATION

For 1 cup (8 oz spoodle)

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>105</b>
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<b>Total Fat</b>	<b>3 g</b>
Saturated Fat	1 g
Cholesterol	6 mg
<b>Sodium</b>	<b>167 mg</b>
<b>Total Carbohydrate</b>	<b>17 g</b>
Dietary Fiber	1 g
Total Sugars	12 g
Added Sugars included	N/A
<b>Protein</b>	<b>4 g</b>
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Vitamin A	0 mcg RAE
Vitamin C	0 mg
Vitamin D	52 IU
Calcium	117 mg
Iron	0 mg
Potassium	24 mg
N/A=no data available.	

### NOTES

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service.

If oatmeal sits longer than 10 minutes, it will become very thick. Add up to 3 cups additional water per 25 servings as needed.

The agave nectar is 6 g per ½ cup which meets CACFP requirement of no more than 6 grams per dry ounce.

### YIELD/VOLUME

25 Servings	50 Servings
About 10 lb 2 oz	About 20 lb 4 oz
About 1 gal/1 steam table pan (12" x 20" x 2 ½").	About 2 gal/2 steam table pans (12" x 20" x 2 ½")

### SOURCE:

CACFP Adult Portion Recipe Project