

Berry Oat Bake

Berry Oat Bake is a moist, flavorful Indigenous-inspired treat made with wild blueberries or rosehips, oats, dried cranberries or mulberries, and warm spices like cinnamon, nutmeg, and vanilla—honoring Native American roots in a delicious school lunch option.

Preparation Time: 20 minutes

Cook Time: 60 minutes

CACFP Crediting Information:

1 square provides $\frac{5}{8}$ cup fruit, 1.50 oz eq grains.



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Water	8 oz	1 cup	16 oz	2 cups	1 Preheat oven to bake: Conventional 400 °F. Convection to 375 °F. 2 Soak cranberries (or rosehips) in hot water for 10-15 minutes or until softened. Drain thoroughly and set aside. Save for step 5. 3 Spray a full-size steam table pan (12" x 20" x 2 ½") with a pan-release spray or line with parchment. 4 Drain blueberries (or mulberries).
Cranberries, dried, chopped, unsweetened Or Rosehips (foraged)	8 oz	1 ⅓ cup	1 lb	2 ⅔ cups	
Pan-release spray		1 spray		1 spray	
Blueberries, wild, frozen, thawed, drained Or Mulberries, fresh	5 lbs	3 qts	10 lbs	1 gal 2 qts	



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Water	8 oz	1 cup	16 oz	2 cups	5 Add drained cranberries (or rosehips), drained blueberries (or mulberries), and water to a medium saucepan or pot. Heat to just boiling while crushing the berries with a spoon or fork to release moisture. Continue to simmer over low heat uncovered for about 30 minutes and stir until a slightly thickened, jam-like consistency is reached. Remove from heat.
Vanilla extract	2 oz	¼ cup	4 oz	½ cup	
Cinnamon, ground		1 tsp		2 tsp	
Nutmeg, ground		1 tsp		2 tsp	
Nut butter	1 lb 4 oz	2 ⅔ cups	2 lbs 8 oz	5 ⅓ cups	6 While the saucepan is still hot, add vanilla, cinnamon, nutmeg, nut butter, and low-fat margarine to the berry mixture and stir thoroughly to melt and combine ingredients.
Margarine, low-fat	3 oz	¼ cup 2 tbsp	6 oz	¾ cup	
Oats, rolled, dry, quick	1 lb 12 oz	1 qt 2 cups	3 lbs 8 oz	3 qts	7 Add oats to the mixture. Stir thoroughly to incorporate.
					8 Spread mixture into prepared pan, pressing down firmly for even thickness. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					9 Bake for 15 minutes at 400 °F. Do not over-bake. Allow to cool completely before cutting. Cut into 25 square pieces, 5x5 (2 ½" x 4"). Serve a 2 ½" x 4" piece at room temperature.





NUTRITION INFORMATION

1 square (2 ½" x 4")

NUTRIENTS

AMOUNT

Calories

357

Total Fat

17 g

Saturated Fat

2 g

Cholesterol

N/A

Sodium

29 mg

Total Carbohydrate

47 g

Dietary Fiber

9 g

Total Sugars

3 g

Added Sugars

0 g

Protein

8 g

Vitamin A

3 RAE

Vitamin C

2 mg

Calcium

47 mg

Iron

3 mg

NOTES

The food safety temperatures are based on the FDA Food Code. Some information included may be different in your state. Always check with your local regulatory authority (health department) or sponsoring organization (sponsor) for guidance on current food safety requirements in your operation.

Cooking Process #2: Same Day Service.

Crediting may vary depending on selection of frozen wild blueberries or standard frozen blueberries. Please verify.

YIELD/VOLUME

25 Servings

About 9 lbs 4 oz, 25 pieces
(2 ½" x 4")

50 Servings

About 18 lb 8 oz, 50 pieces
(2 ½" x 4")

Source:

USDA Standardized Recipe Project — 2025

