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: 6–18 years
Makes: 6 servings
Prep time: 10 minutes
Cook time: 30 minutes

INGREDIENTS

Nonstick cooking spray

½ cup (3¼ oz) quinoa, dry, rinsed
1 cup (3¼ oz) oats, rolled, dry (not quick)
¼ cup brown sugar, packed
½ tsp cinnamon, ground
¼ tsp salt, table
2½ cups milk, low-fat (1%)
½ tsp vanilla extract

6 cups (1 lb 11 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 baking dish (8” x 8”) 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 baking dish.

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 1 cup. Serve immediately, or keep warm at 140 °F or higher. For cold service, keep cold at 40 °F or lower.
1 cup Berry Medley and Quinoa Breakfast Bake

**Nutrients**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Calories</strong></td>
<td>354</td>
</tr>
<tr>
<td><strong>Total Fat</strong></td>
<td>5 g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>5 mg</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>143 mg</td>
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<tr>
<td><strong>Total Carbohydrate</strong></td>
<td>67 g</td>
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<tr>
<td>Dietary Fiber</td>
<td>12 g</td>
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<tr>
<td>Total Sugars</td>
<td>24 g</td>
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<tr>
<td>Includes Added Sugars</td>
<td>N/A</td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>13 g</td>
</tr>
</tbody>
</table>

Vitamin D  N/A
Calcium   191 mg
Iron       4 mg
Potassium  N/A

N/A = Data not available

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

**TeamNutrition.USDA.gov**

**CACFP CREDITING INFORMATION**

½ cup fruit
1 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.