



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

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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

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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.



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NUTRITION INFORMATION

1 cup Berry Medley and Quinoa
Breakfast Bake

Nutrients	Amount
Calories	354
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Total Fat	5 g
Saturated Fat	1 g
Cholesterol	5 mg
Sodium	143 mg
Total Carbohydrate	67 g
Dietary Fiber	12 g
Total Sugars	24 g
Includes Added Sugars	N/A
Protein	13 g
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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

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CACFP CREDITING INFORMATION

½ cup fruit
1 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.