



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

NSLP/SBP Crediting Information:

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

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Water	16 oz	2 cups	2 lbs	4 cups	1 Preheat oven to bake: Conventional 400 °F. Convection to 375 °F.
Cranberries, dried, chopped, unsweetened Or Rosehips (foraged)	1 lb	2 $\frac{2}{3}$ cups	2 lbs	1 qt 1 $\frac{1}{3}$ cup	2 Soak cranberries (or rosehips) in hot water for 10-15 minutes or until softened. Drain thoroughly and set aside. Set aside for step 5.
Pan-release spray		1 spray		1 spray	3 Spray a full-size steam table pan (12" x 20" x 2 $\frac{1}{2}$ ") with a pan-release spray or line with parchment.
Blueberries, wild, frozen, thawed, drained Or Mulberries, fresh	10 lbs	1 gal 2 qts	20 lbs	3 gal	4 Drain blueberries (or mulberries).



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Water	1 lb	2 cups	2 lbs	1 qt	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	4 oz	½ cup	8 oz	1 cup	
Cinnamon, ground		2 tsp		1 Tbsp 1 tsp	
Nutmeg, ground		2 tsp		1 Tbsp 1 tsp	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.
Nut butter	2 lbs 8 oz	1 qt 1 ⅓ cup	5 lbs	2 qts 2 ⅔ cups	
Margarine, low-fat	6 oz	¾ cup	12 oz	1 ½ cup	7 Add oats to the mixture. Stir thoroughly to incorporate.
Oats, rolled, dry, quick	3 lbs 8 oz	3 qts	7 lbs	1 gal 2 qts	
					8 Spread mixture into prepared pan, pressing down firmly for even thickness. For 50 servings, use 2 pans. For 100 servings, use 4 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

50 Servings

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

100 Servings

About 37 lbs, 100 pieces
(2 ½" x 4")

Source:

USDA Standardized Recipe Project — 2025

