



# Fruity Oatmeal

## USDA Recipe for Schools

Have a fantastic morning with fruity oatmeal! Blend fresh fruit, dried cranberries, vanilla and cinnamon into hearty warm oatmeal.

### NSLP/SBP CREDITING INFORMATION

$\frac{3}{4}$  cup provides  $\frac{1}{4}$  cup fruit and 1 oz equivalent grains.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Low-fat (1%) milk		1 gal 1 qt $\frac{1}{2}$ cup		2 gal 2 qt 1 cup	<b>1</b> Bring milk and water to a boil.
Water		2 qt		1 gal	
Margarine, trans-fat free	6 oz	$\frac{2}{3}$ cup 1 Tbsp 1 tsp	12 oz	1 $\frac{1}{3}$ cups 2 Tbsp 2 tsp	<b>2</b> Add margarine, sugar, cinnamon, nutmeg, and salt, stirring constantly.
Brown sugar	12 oz	1 $\frac{1}{2}$ cups	1 lb 8 oz	3 cups	
Ground cinnamon		1 tsp		2 tsp	
Ground nutmeg		1 tsp		2 tsp	
Salt		2 tsp		1 Tbsp 1 tsp	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Oats, rolled, dry (see Notes)	3 lb 15 oz	1 gal 1 qt 3¾ cups 2 Tbsp 1 tsp	7 lb 14 oz	2 gal 3 qt 3¾ cups 2 tsp	<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 135 °F or higher.
*Fresh apples, diced	1 lb 8 oz	1 qt 1½ cups	3 lb	2 qt 3 cups	<b>5</b> Reduce heat to low to prevent burning. Fold in apples and cranberries.
Dried cranberries	1 lb 4 oz	1 qt	2 lb 8 oz	2 qt	
					<b>6</b> Pour 3 qt 3¼ cups (about 9 lb 9 oz) oatmeal into a steam table pan (12" x 20" x 2½").  For 50 servings, use 2 pans. For 100 servings, use 4 pans.
					<b>7</b> Critical Control Point: Hold for hot service at 135 °F or higher.
					<b>8</b> Portion with 6 fl oz spoodle (¾ cup).



**NUTRITION INFORMATION**

For ¾ cup (6 fl oz spoodle).

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>201</b>
<b>Total Fat</b>	<b>4 g</b>
Saturated Fat	1 g
Cholesterol	6 mg
<b>Sodium</b>	<b>175 mg</b>
<b>Total Carbohydrate</b>	<b>36 g</b>
Dietary Fiber	3 g
Total Sugars	21 g
Added Sugars included	N/A
<b>Protein</b>	<b>6 g</b>
Vitamin D	56 IU
Calcium	141 mg
Iron	1 mg
Potassium	102 mg

N/A=data not available.

**SOURCE**

USDA Standardized Recipes Project.

**MARKETING GUIDE**

<b>Food as Purchased for</b>	<b>50 Servings</b>	<b>100 Servings</b>
Apples	1 lb 12 oz	3 lb 8 oz

**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.

**YIELD/VOLUME**

<b>50 Servings</b>	<b>100 Servings</b>
About 19 lb 2 oz	About 38 lb 4 oz
About 2 gal 1 qt 2¼ cups/2 steam table pans (12" x 20" x 2½")	About 4 gal 3 qt ½ cup/4 steam table pans (12" x 20" x 2½")

