



Cherry Berry Sunrise

This fruit side dish features Montana grown sweet cherries, blueberries, and strawberries with a sprinkle of toasted oats on top.

Recipe Project Name: Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development
Montana Office of Public Instruction

Preparation Time: 20 minutes

Cook Time: 50 minutes

NSLP/SBP crediting information:

½ cup (4 fl oz spoodle) and 2 Tbsp oat topping provides ½ cup fruit.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Sweet cherries, Montana grown, frozen, pitted, unsweetened	8 lb 8 oz	3 qt ½ cup	17 lb	1 gal 2 qt 1 cup	<ol style="list-style-type: none"> In a large bowl, mix frozen, pitted sweet cherries, blueberries, strawberries, sugar and cornstarch. Spray hotel pans (12" x 20" x 2 ½" size pan) lightly with nonstick cooking spray. Evenly distribute and gently spread the berry mixture into pans. For 50 servings use 2 pans. For 100 servings use 4 pans. Bake berry mixture: Conventional oven: 350 °F for 50 minutes. Convection oven: 325 °F for 50 minutes. Critical Control Point: Heat to 135 °F or higher for at least 15 seconds. Hot hold at 135 °F for service.
Blueberries, frozen	5 lb 4 oz	2 qt 2 cups	10 lb 8 oz	1 gal 2 cups	
Strawberries, frozen, whole or sliced	5 lb 4 oz	2 qt 1 ½ cups	10 lb 8 oz	1 gal 3 cups	
Cornstarch	4.5 oz	1 cup	9 oz	2 cups	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Sugar, white, granulated	11 oz	1 $\frac{2}{3}$ cups	1 lb 6 oz	3 $\frac{1}{3}$ cups	
Rolled oats, dry, uncooked	12 oz	1 qt $\frac{1}{2}$ cup	1 lb 8 oz	2 qt 1 cup	5. Mix the rolled oats, brown sugar, cinnamon, and olive oil in a bowl.
Brown sugar	5 oz	1 cup	10 oz	2 cups	6. Spread oat mixture out evenly across a 2" deep hotel pan.
Cinnamon	1 oz	$\frac{1}{4}$ cup	2 oz	$\frac{1}{2}$ cup	7. Bake oat mixture: Conventional oven: 350 °F for 35 minutes. Convection oven: 325 °F for 35 minutes. If using a convection oven, turn off blower fan.
Olive oil		$\frac{3}{4}$ cup		1 $\frac{1}{2}$ cups	8. Stir halfway through the baking time. The topping should be a light toasted brown color. 9. Serve $\frac{1}{2}$ cup (using 4 fl oz spoodle) of warm berry mixture. Sprinkle with 2 Tbsp toasted oat topping. 10. Can garnish with 1 Tbsp vanilla yogurt with a dusting of cinnamon.



NUTRITION INFORMATION

For ½ cup (4 fl oz spoodle)

NUTRIENTS	AMOUNT
Calories	194
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Total Fat	4 g
Saturated Fat	0.6 g
Cholesterol	0 mg
Sodium	3 mg
Total Carbohydrate	39 g
Dietary Fiber	5 g
Total Sugars	25 g
Added Sugars included	N/A
Protein	2.4 g
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Vitamin A	N/A
Vitamin C	N/A
Vitamin D	N/A
Calcium	34 mg
Iron	1 mg
Potassium	274 mg

N/A=data not available.

SOURCE:

FY 2021 Cohort A Team Nutrition Training Grant

MARKETING GUIDE

Food as Purchased for	50 Servings	100 Servings

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

Make ahead suggestion: After spreading the berries into the pans, cover and store in refrigerator overnight. Reduce baking time to 35 minutes.

If using whole frozen strawberries, increase baking time to 60 minutes.

This recipe looks nice when portioned into individual bowls.

YIELD/VOLUME

50 Servings	100 Servings
About 1 gal 2 qt 1 cup fruit mixture and 1 qt 2 cups oats	About 3 gal 2 cups fruit mixture and 3 qt oats
(2 steam table pans measuring 12" x 20" x 2 ½" each)	(4 steam table pans measuring 12" x 20" x 2 ½" each)

