

RASPBERRY CREAMSICLE OAT BOWL

Savor the combination of raspberries and creamy orange flavors in these Raspberry Creamsicle Oat Bowls—a delightful treat any time of the day.



PORTION SIZE: 1 cup

CREDITING: One portion provides ¼ oz eq. m/ma, 2 ½ oz eq. whole grain-rich, ½ cup fruit.



INGREDIENTS	50 SERVINGS	DIRECTIONS
<i>Oats</i>		
Water	2 gallons	<ol style="list-style-type: none"> 1. Add water and milk to kettle or tilt skillet. Bring to a boil over medium-high heat. 2. Add oats, vanilla, cinnamon and salt, reduce heat to low, and simmer for 15-20 minutes. Stirring occasionally to prevent sticking.
Milk, 1%	1 gallon	
Oats, rolled, quick	25 cups	
Vanilla extract	2 tablespoons	
Cinnamon	1 tablespoon	
Salt, kosher	1 teaspoon	<ol style="list-style-type: none"> 3. Add both orange juices to the oats, in the last 5 minutes of the cooking process. Cook the oats to a minimum of 145 °F.
Mandarin orange juice (saved from canned mandarins)	2 cups	
Orange juice	1 cup	
Washington red raspberry seedless puree	2 cups (can add more for deeper pink color)	<ol style="list-style-type: none"> 4. Hold hot at 135 °F until time of service. 5. Before service, stir in raspberry puree. More can be added to deeper pink color.
<i>Toppings</i>		
IQF whole and broken (crumbles) Washington red raspberries	12 ½ cups	<p>To assemble bowl:</p> <ul style="list-style-type: none"> • Add 1 cup (#4 scoop) of oats to bowl. • Top with ¼ cup (2 oz spoodle) IQF whole and broken (crumbles) Washington red raspberries • Top with ¼ cup (2 oz spoodle) mandarin oranges. • Top with ⅛ cup (#30 scoop) yogurt. • Top with ⅛ cup (1 oz spoodle) granola.
Mandarin oranges, canned, drained, save juice	12 ½ cups	
Vanilla yogurt	6 ¼ cups	
Granola	6 ¼ cups	

NUTRITION INFORMATION			1 serving = 1 cup		
NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT
Calories	359		Total Carbohydrate	63	(g)
Total Fat	5	(g)	Dietary Fiber	6	(g)
Saturated Fat	1	(g)	Total Sugars	26	(g)
Cholesterol	5	(mg)	Vitamin D	n/a	(IU)
Sodium	132	(mg)	Calcium		(mg)
Protein	12	(g)	Iron		(mg)

NOTES
If you have oats leftover, cool properly and save for Raspberry Creamsicle Parfaits.
YIELD/VOLUME
50- 1 cup servings
SOURCE
Chef Rebecca Polson