

# BAKED RASPBERRY WALNUT OATMEAL

A great day begins with a hearty breakfast! This dish is full of oats, walnuts, and delicious raspberries for a sweet and tart flavor that kids will love.



PORTION SIZE: 1 square

CREDITING: One portion provides ¼ cup fruit and 1 oz grain and ½ oz eq. m/ma



INGREDIENTS	24 SERVINGS	DIRECTIONS
Oats, rolled, quick cooking, dry	1 quart, 1¾ pints	1. Preheat the oven to 350°F. Prepare 1 full size hotel pan. 2. Combine the oats, baking powder, cinnamon, salt and walnuts in a large bowl.
Baking powder	1½ tablespoons	
Cinnamon, ground	⅛ cup	
Salt, Kosher	1½ teaspoons	
Walnuts, chopped	3 cups	
Vanilla extract	⅛ cup	3. In a separate bowl, combine the vanilla, egg, milk, applesauce, and melted butter. 4. Add the wet ingredients to the bowl of the dry ingredients and stir well. Fold in the frozen raspberries and then divide the mixture equally among the prepared baking pans. 5. Bake for 25 minutes or until the top is golden and the oats have set. 6. Cut pan into 24 squares.
Egg, liquid	6 ounces	
Milk, 1%	1 quart ½ cup	
Applesauce	1 ½ cup	
Butter, unsalted	⅓ cup 2 teaspoons	
IQF whole Washington red raspberries, frozen	1 quart 1 pint	

NUTRITION INFORMATION			1 serving = 1 square		
NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT
Calories	264		Total Carbohydrate	24	(g)
Total Fat	15	(g)	Dietary Fiber	5.7	(g)
Saturated Fat	3	(g)	Total Sugars	4.7	(g)
Cholesterol	23	(mg)	Vitamin D	n/a	(IU)
Sodium	213	(mg)	Calcium	143.56	(mg)
Protein	10	(g)	Iron	2.063	(mg)

NOTES
YIELD/VOLUME
SOURCE
redrazz.com