

Golden Apple Oatmeal

Recipe J-7

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Apples, fresh or canned, diced ■		1½ gallons		3 gallon	3 quarts	<ol style="list-style-type: none"> 1. Combine apples, apple juice and water in steam kettle or saucepan. Bring to boil. 2. Add salt, cinnamon and nutmeg. 3. Stir in rolled oats and cook 5 minutes stirring occasionally until oats are soft and creamy. 4. Turn heat to low, cover oats and hold until ready to serve, or place into sprayed hotel pan for steam table. <p>● Serve 1 cup (8 ounces).</p>
100% apple juice, unsweetened ■		1 gallon		2 gallons	2 quarts	
Water		1 gallon		2 gallons	2 quarts	
Salt		2 Tb		4 Tb	1 Tb	
Cinnamon, ground		¼ - ½ cup		½ - 1 cup	2 - 4 Tb	
Nutmeg, ground		2 tsp		4 tsp	1 tsp	
Rolled oats, uncooked		1 gallon		2 gallons	2 quarts	

■ USDA commodity fruits, vegetables, or beans listed in the *Food Buying Guide for Child Nutrition Programs, 2008 edition*

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Nutrients Per Serving

Calories	180
Percent Calories from Fat	10%
Total Fat	2.0 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	290 mg
Total Carbohydrates	37 g
Dietary Fiber	5 g
Sugars	16 g
Protein	4 g
Vitamin A	(100 IU) 2%
Vitamin C	(3.6 mg) 6%
Calcium	4%
Iron	10%

Approximate preparation time

20 minutes

Child Nutrition Program Food Components

Each portion provides:

- 1 grain/bread
- ½ cup fruit

Family-size recipe can be found in the appendix.

Original Recipe Source

Produce for Better Health Foundation

NOTES
