

SUNRISE APPLE CINNAMON CRISP K-12



INGREDIENTS

2 lbs **Sunrise Blend with Quinoa Flakes®**

< <https://inharvestfoodservice.com/products/sunrise-blend-with-quinoa-flakes/> >

16 quarts apples, canned, drained, juice preserved

1/3 cup ground cinnamon

1 1/3 cup flour

2 2/3 T kosher salt

8 quarts reserved juice

3 lbs rolled oats

1 1/3 cup canola oil

DIRECTIONS

1. In a large bowl, mix InHarvest Sunrise Blend with Quinoa Flakes with the apple, cinnamon, flour, salt and reserved juice. Combine thoroughly.
2. In a separate bowl, combine the oats, brown sugar and oil.
3. Spread fruit mixture out evenly into half hotel pans.
4. Sprinkle the oat topping over the fruit mixture to cover.
5. Bake in a 350°F convection oven for 1 hour or until the top is browned and the filling is bubbling and caramelized.

NUTRITION FACTS

Per serving: 393 cal., 8 g pro., 82 g carb., 7 g fiber, 7 g fat (<1 g sat. fat), 0 mg chol., 250 mg sod., 47 g sugar

Note: Nutrition analysis will vary depending on the type of canned fruit used. This recipe uses fruit packed in juice.

CREDITING INFORMATION

Each 8-oz. spoodle portion (approx. 11 oz. by weight) provides 1¼ oz. equivalent grain, 1 cup fruit