

Golden Apple Oatmeal – adapted from “Fruit and Veggies Quantity Cookbook – Revised Edition” (Oct 2011)

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Apples, fresh § or canned, diced		1 ½ gallons		3 gallons	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	

§WA product available

Approximate preparation time: 20 min.



>> See suggestions on the back for other great local fruits that could work in this dish <<

Golden Apple Oatmeal

Child Nutrition Program Food Components:

Each portion provides:

- ✓ 1 grain/bread
- ✓ ½ cup fruit

Nutrients Per Serving:

Calories	180 kcal
% 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 %

- ☝ You can add or substitute with diced **local pears**, **stone fruits** (peaches and nectarines etc.) or **berries**. Local berries, peaches and nectarines are also available as frozen or dried.
- ☝ A variety of **local apples** are available in WA! – You can introduce to your students different kinds of apples to show the difference in flavor and texture. [Click here to find more about apples.](#)

notes

