Mixed Berry Crumble –courtesy of FareStart

Ingredients	50 Servings	100 Servings	25 Servings
Strawberry, frozen§	3 lb. 2 oz.	6 lb. 4 oz.	1 lb. 9 oz.
Blackberry, frozen§	3 lb. 2 oz.	6 lb. 4 oz.	1 lb. 9 oz.
Blueberry, frozen§	3 lb. 2 oz.	6 lb. 4 oz.	1 lb. 9 oz.
Sugar, granulated, extra fine	1 ⅔ cup	3 ⅓ cup	⅚ cup
Cinnamon, ground	1 ⅛ Tb	2 ¼ Tb	½ Tb
Crumble:			
Flour§, all purpose	1 lb.	2 lb.	8 oz
Baking soda	1 tsp	2 tsp	½ tsp
Baking powder	1 tsp	2 tsp	½ tsp
Oats, cereal hot	11 ⅛ oz.	1 lb. 6 ¼ oz.	5 ½ oz.
Brown sugar, light	1 cup + 1 Tb	2 cup + 2 Tb	½ cup + ½ Tb
Margarine, solid, melted	13 ⅓ oz.	1 lb. 10 ⅔oz.	6 ⅔ oz.

Directions

1. Preheat oven at 425 F.
2. In a skillet, mix berries, brown sugar and cinnamon.
3. In a large bowl, mix all the ingredients for crumble until crumbly.
4. Fill 2" full pans with the berry mix, ⅔ filled.
5. Top with the crumble and bake for 20 minutes or until golden brown.

❖ **Serve 3 oz per child.**

§**WA product available**

Approximate preparation time: 45 min. including baking time.

Tips & Variations:

- This recipe is good with pears, apples, and stone fruits such as peaches, plums, and nectarines – all grown in Washington State!

Made possible by funding from the Department of Health and Human Services and Public Health – Seattle & King Count

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Child Nutrition Program Food Components:
Each portion provides:

- ✓ ¼ cup fruit

Nutrients Per Serving:

Calories	197 kcal
% Calories from Fat	31 %
Total Fat	7 g
Saturated Fat	2 g
Trans fat	0 g
Cholesterol	0 mg
Sodium	134 mg
Total Carbohydrates	33 g
Dietary Fiber	4 g
Sugars	18 g
Protein	3 g
Vitamin A (60 IU)	2 %
Vitamin C (10 mg)	40 %
Calcium (39 mg)	4 %
Iron (0.6 mg)	6 %

- Pacific Northwest's temperate climate makes it an ideal location to grow berries. Check out Washington Grown Fruits, Legume and Herbs Seasonality Chart to see when fresh berries are available!
- **Raspberries** come in many colors besides red. There are also black, purple and gold raspberries. But do you know how to differentiate black raspberries to blackberries? Blackberries taste different and blackberries have a solid center, while raspberries are hollow when picked. [ref: Fresh Fruits and Veggies More Matters]
- **Blackberries**, **blueberries** and **raspberries** are a good source of vitamin C and dietary fiber. [ref: Fresh Fruits and Veggies More Matters]

notes

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