



## Berry Medley and Quinoa Breakfast Bake

Love breakfast casseroles? Start the day with this delicious breakfast made with quinoa, oats, and berries. Serve it hot or cold.

**Ages:** 3–5 years  
**Makes:** 6 servings

**Prep time:** 10 minutes  
**Cook time:** 30 minutes

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*the*  
**INGREDIENTS**

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**Nonstick cooking spray**

**¼ cup (1½ oz)** quinoa, dry, rinsed

**½ cup (1½ oz)** oats, rolled, dry (not quick)

**2 Tbsp** brown sugar, packed

**¼ tsp** cinnamon, ground

**½ tsp** salt, table

**1¼ cups** milk, low-fat (1%)

**¼ tsp** vanilla extract

**3 cups (13½ oz)** blueberries, blackberries, and raspberries, whole, frozen, unsweetened

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*the*  
**DIRECTIONS**

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1. Wash hands with soap and water for at least 20 seconds.
2. Preheat oven to 400 °F.
3. Spray a loaf pan (8½" x 4½" x 2½") with nonstick cooking spray.
4. In a medium bowl, combine quinoa, oats, brown sugar, cinnamon, salt, milk, vanilla extract, and berries. Mix well.
5. Pour mixture into prepared loaf pan.
6. Bake for 25–30 minutes or until quinoa is cooked. Heat to 140 °F or higher for at least 15 seconds.
7. Remove from the oven and stir carefully. Let sit for 5 minutes before serving.
8. Serve ½ cup. Serve immediately, or keep warm at 140 °F or higher. For cold service, keep cold at 40 °F or lower.

the  
NUTRITION INFORMATION

½ cup Berry Medley and Quinoa  
Breakfast Bake

Nutrients	Amount
Calories	177
<b>Total Fat</b>	<b>3 g</b>
Saturated Fat	1 g
Cholesterol	2 mg
<b>Sodium</b>	<b>71 mg</b>
<b>Total Carbohydrate</b>	<b>33 g</b>
Dietary Fiber	6 g
Total Sugars	12 g
Added Sugars included	N/A
<b>Protein</b>	<b>6 g</b>
Vitamin D	N/A
Calcium	95 mg
Iron	2 mg
Potassium	N/A

N/A = Data not available

the  
CACFP CREDITING INFORMATION

¼ cup fruit  
½ oz eq grains 

the  
CHEF TIPS

- **Contains milk.** Some oats may be grown/processed with other wheat products.
- For a thicker consistency allow dish to sit for 5–10 minutes before serving.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.

Source: Team Nutrition CACFP Easy Recipe Project

[TeamNutrition.USDA.gov](http://TeamNutrition.USDA.gov)





# Berry Medley and Quinoa Breakfast Bake

Love breakfast casseroles? Start the day with this delicious breakfast made with quinoa, oats, and berries. Serve it hot or cold.

**AGES:** 3–5 years

**PREP TIME:** 45 minutes

**COOK TIME:** 1 hour 20 minutes

## CACFP CREDITING INFORMATION

$\frac{1}{4}$  cup fruit

$\frac{1}{2}$  oz eq grains 

## SOURCE

Team Nutrition CACFP Easy Recipe Project

[TeamNutrition.USDA.gov](http://TeamNutrition.USDA.gov)

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Nonstick cooking spray		1 spray		1 spray	<ol style="list-style-type: none"><li>1 Wash hands with soap and water for at least 20 seconds.</li><li>2 Preheat oven to 400 °F.</li><li>3 Spray a steam table pan with nonstick cooking spray. For 25 servings, use a 2" half steam table pan (10<math>\frac{3}{8}</math>" x 12<math>\frac{3}{4}</math>" x 2<math>\frac{1}{2}</math>"). For 50 servings, use a 4" half steam table pan (10<math>\frac{3}{8}</math>" x 12<math>\frac{3}{4}</math>" x 4").</li><li>4 In a large bowl, combine quinoa, oats, brown sugar, cinnamon, and salt. Mix and set aside.</li></ol>
Quinoa, dry, rinsed	6 $\frac{1}{2}$ oz	1 cup	13 oz	2 cups	



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Oats, rolled, dry (not quick)	6½ oz	2 cups	13 oz	1 qt	<b>4</b> In a large bowl, combine quinoa, oats, brown sugar, cinnamon, salt, milk, vanilla extract, and berries. Mix well.
Brown sugar, packed	3½	½ cup	7 oz	1 cup	
Cinnamon, ground		1 tsp		2 tsp	
Salt, table		½ tsp		1 tsp	
Milk, low-fat (1%)	40 fl oz	1 qt + 1 cup	80 fl oz	2 qt + 2 cups	
Vanilla extract		1 tsp		2 tsp	
Blueberries, blackberries, and raspberries, whole, frozen, unsweetened	3 lb 8 oz	3 qt + ½ cup	7 lb	1 gal + 2 qt + 1 cup	
					<b>5</b> Pour mixture into prepared steam table pan.
					<b>6</b> Bake for 1 hour or until quinoa is cooked. Heat to 140 °F or higher for at least 15 seconds.
					<b>7</b> Remove from the oven and stir carefully. Let sit for 10 minutes before serving.
					<b>8</b> Serve ½ cup (#8 scoop). Serve immediately, or keep warm at 140 °F or higher. For cold service, keep cold at 40 °F or lower.



## NUTRITION INFORMATION

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Includes Added Sugars	N/A
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## NOTES

- Contains milk. Some oats may be grown/processed with other wheat products.
- For a thicker consistency, allow the dish to sit for 5–10 minutes before serving.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.

## YIELD/VOLUME

25 Servings	50 Servings
Weight: 6 lb 9 oz	Weight: 13 lb 2 oz
Yield: 3 qt ½ cup	Yield: 1 gal 2 qt 1 cup

