



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

the INGREDIENTS

Nonstick cooking spray

¼ cup (1⅝ oz) quinoa, dry, rinsed

½ cup (1⅝ oz) oats, rolled, dry (not quick)

2 Tbsp brown sugar, packed

¼ tsp cinnamon, ground

⅛ tsp salt, table

1 ¼ cups milk, low-fat (1%)

¼ tsp vanilla extract

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

the DIRECTIONS

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

N/A = Data not available


Source: Team Nutrition CACFP Easy
Recipe Project

TeamNutrition.USDA.gov

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.



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

¼ cup fruit

½ oz eq grains 

SOURCE

Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					1 Wash hands with soap and water for at least 20 seconds.
					2 Preheat oven to 400 °F.
Nonstick cooking spray		1 spray		1 spray	3 Spray a steam table pan with nonstick cooking spray. For 25 servings , use a 2" half steam table pan (10 ³ / ₈ " x 12 ³ / ₄ " x 2 ¹ / ₂ "). For 50 servings , use a 4" half steam table pan (10 ³ / ₈ " x 12 ³ / ₄ " x 4").
Quinoa, dry, rinsed	6½ oz	1 cup	13 oz	2 cups	4 In a large bowl, combine quinoa, oats, brown sugar, cinnamon, and salt. Mix and set aside.



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Oats, rolled, dry (not quick)	6½ oz	2 cups	13 oz	1 qt	4 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	
					5 Pour mixture into prepared steam table pan.
					6 Bake for 1 hour 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 10 minutes before serving.
					8 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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NOTES

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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