

Old-Fashioned Apple-Pie Oatmeal

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process #2-Same Day Service

YIELD

50 Servings

100 Servings

Skill Level: Intermediate

Ingredients	Weight	Measure	Weight	Measure
Apples, peeled, cored and chopped	6 lbs. 8 oz.			
Maple syrup		1 ¼ cup		2 ½ cups
Cinnamon, ground		½ cup		1 cup
All Spice		2 Tbsp.		¼ cup
Lemon juice		½ cup		1 cup
Old-fashioned rolled oats	5 lbs.		10 lbs.	
Water		1 ½ gallons		3 gallons
Dairy-free milk (soy or almond)		1 ½ gallons		3 gallons
Salt		1 Tbsp.		2 Tbsp.

HACCP- Standard Operating Procedure- Use handwashing procedures before starting recipe.

Preparation

1. In a saucepan or large pot over medium heat, add lemon juice, cinnamon, maple syrup and half of the apples. Cook for 10-15 minutes until soft. Set aside.
2. Turn heat to high and add oats, salt, water and dairy-free milk and stir. When it comes to a boil, reduce to low-medium heat and cook until thick and creamy (15-30 minutes). Add cooked Apple mixture, heat for 2-3 minutes. Remove from heat.

**If too thick, add a little dairy-free milk.

Serving Information

In a bowl, using an 8 oz. ladle, spoon one ladle of oatmeal.

One cup of oatmeal provides 2 grain equivalents and 1/2 cup fruit component.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 350 Total Fat: 6g Saturated Fat: 1.3g Monounsaturated Fat: 2g Polyunsaturated Fat: 3g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 66g Fiber: 11g Total Sugar: 24g Protein: 13g Sodium: 500mg Vitamin A: 5µg
Vitamin C: 9mg Calcium: 111mg Iron: 3.5mg Folate: 55µg



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