



NATIONAL SCHOOL BREAKFAST WEEK

K-12 RECIPES





CINNAMON CRANBERRY SHEET PAN PANCAKES

PREP TIME: 10 MINS | COOK TIME: 13-15 MINS | SERVING SIZE: 2 (3 X 3) INCH SQUARES)

YIELD: 48

Ingredients

10 cups oat flour
 2 Tbsp + 2 tsp baking powder
 1 Tbsp + 1 tsp baking soda
 2 Tbsp + 2 tsp ground cinnamon
 3/4 cups sugar
 2 tsp salt
 4 cups buttermilk
 4 cups skim or 2% milk
 16 eggs
 1/2 cup vegetable oil
 2 Tbsp + 2 tsp vanilla
 2 cups Ocean Spray® dried cranberries

Directions

1. Preheat oven to 425 degrees F.
2. In a large bowl, whisk together oat flour, baking powder, baking soda, cinnamon, sugar, and salt.
3. In a medium bowl, whisk together buttermilk, milk, eggs, vegetable oil, and vanilla. Slowly add wet ingredients in with the dry until combined. Be sure not to overmix batter.
4. Pour batter onto a prepared baking sheet, spreading in an even layer, and sprinkle the Ocean Spray® Craisins® dried cranberries on top.
5. Bake pancakes for 13 to 15 minutes, or until a toothpick inserted in the center comes out clean.
6. Cut into 3x3 inch squares and serve with maple syrup or your favorite toppings.

*To make oat flour put 10 cups old fashioned oats in a food processor and pulse into a flour consistency. This should take about 1 minute. One cup of rolled oats will yield approximately 1 cup of oat flour.

EACH SERVING PROVIDES:
 2 OZ. EQ. WHOLE GRAINS | 1/8 CUP FRUIT

Per Serving

Nutrient	Value (%DV)
Calories	195
Total Fat	6.0g
Saturated Fat	1.0g
%Calories from Saturated Fat	7%
Trans Fat	0g
Cholesterol	56mg
Sodium	218mg
Carbohydrate	28g
Dietary Fiber	3g
Protein	6g
Vitamin D	4ug (4%)
Calcium	114mg (11%)
Iron	1mg (7%)
Potassium	162mg (3%)





Vanilla Cranberry Yogurt

Yield: 48

Prep Time: 20 mins | Serving Size: 3/4 cup (153 grams)

Ingredients

24 cups Low-fat vanilla yogurt

12 cups Ocean Spray® dried cranberries

Directions

1. In a large mixing bowl, place yogurt and top with cranberries.
2. Mix cranberries evenly into yogurt. Serve or store covered, in refrigerator.

Each serving provides 1 oz. eq. meat/meat alternate and 1/2 cup fruit.

Per Serving

Nutrient	Value (%DV)
Calories	197
Total Fat	1.9g
Saturated Fat	1.0g
%Cals from Saturated Fat	4.6%
Trans Fat	0g
Cholesterol	6mg
Sodium	82mg
Carbohydrate	41.9g
Dietary Fiber	1.7g
Protein	6.1g
Vitamin A	53 IU (1%)
Vitamin C	1.0mg (2%)
Calcium	213mg (21%)
Iron	0.2mg (1%)





Peanut Butter, Banana & Cranberry Roll-ups

Yield: 48

Prep Time: 30 mins | Serving Size: 1 roll-up (150 grams)

Ingredients

- 48 tortillas** Whole grain flour tortilla, 8-inch
- 6 cups** Peanut butter
- 24 bananas** medium, sliced lengthwise into quarters
- 6 cups** Ocean Spray® dried cranberries

Directions

1. For each roll-up, spread 2 tablespoons peanut butter over one 8-inch whole grain tortilla.
2. Sprinkle 2 tablespoons dried cranberries over peanut butter.
3. Place 2 banana quarters parallel to each other about 1/3 from each edge. Roll up tortilla and slice in half. Serve or store covered, in refrigerator up to 1 hour.

Each serving provides 1 1/2 oz. eq. whole grains, 1 oz. eq. meat/meat alternate, and 1/2 cup fruit.

Per Serving

Nutrient	Value (%DV)
Calories	416
Total Fat	20g
Saturated Fat	5g
%Cals from Saturated Fat	10.8%
Trans Fat	0g
Cholesterol	0mg
Sodium	364mg
Carbohydrate	52.5g
Dietary Fiber	8.3g
Protein	12g
Vitamin A	40 IU (0.8%)
Vitamin C	5mg (7%)
Calcium	122mg (12%)
Iron	2mg (11%)

