Celebrating Seasonality: Wisconsin-Grown Recipes for the Early Childhood Setting
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Summer recipe: breakfast
Food components used: fruit, grains
Specialty crop: WI apples, berries, dried cherries

Berry Bonanza Bowl				
Ingredients	**8 servings**		**25 servings**	
	Measure	Weight	Measure	Weight
Old-fashioned rolled oats (dry)	1 cup		3 1/8 cups	
Vanilla yogurt, non-fat	1 cup		3 1/8 cups	
Milk 1% (low-fat)	6 Tbsp		1 1/5 cups	
Apples, peeled, and diced	1 ½ cup	½ lbs	4.5 cups	1.5 lbs
WI Blueberries (other WI berries)	1 cup	½ lbs	3 cups	1.5 lbs
WI dried cranberries	1 cup	¼ lbs	3 cups	¾ lbs

Directions:

1. In a medium bowl, mix old-fashioned rolled oats, yogurt and milk.
2. Cover and refrigerate for 6 to 12 hours (overnight is best). Meanwhile thaw berries (if frozen).
3. Peel, core and dice apples. Combine apples, berries and dried cranberries and mix gently.
4. Scoop oat mixture into small dishes, top with fruit and serve.

Tips:
-May consider leaving apples unpeeled to save on time and for added nutrition.

Serving Sizes for **Breakfast**

Age Group	**Serving Size**
Ages 1-2	¼ cup oats + ¼ cup fruit
Ages 3-5	¼ cup oats + ½ cup fruit

NOTE: The number of servings is based on ¼ cup oats + ½ cup fruit portions for Ages 3-5 portions; The number of servings may increase or decrease based on the ages of the children served and the amount served. This recipe provides ½ cup of fruit + ¼ cup of grains per portion.