

OATS AND FRUIT BREAKFAST SQUARES

Yield 100

Portion 1 Each

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
254 cal	42 g	6 g	8 g	0 mg	116 mg	36 mg

Ingredient

FRUIT COCKTAIL,CANNED,JUICE PACK,INCL LIQUIDS
 FLOUR,WHEAT,GENERAL PURPOSE
 CINNAMON,GROUND
 BAKING SODA
 MARGARINE,SOFTENED
 SUGAR,BROWN,PACKED
 SUGAR,GRANULATED
 RESERVED LIQUID
 EXTRACT,VANILLA
 EGG SUBSTITUTE,PASTEURIZED
 CEREAL,OATMEAL,ROLLED
 COOKING SPRAY,NONSTICK

Weight

8-7/8 lbs
 2-1/4 lbs
 1-7/8 oz
 1/2 oz
 1-1/2 lbs
 1-5/8 lbs
 1-1/8 lbs
 12-1/2 oz
 1-1/4 oz
 1-1/8 lbs
 5-3/8 lbs
 3/8 oz

Measure

1 gal 1/4 qts
 2 qts
 1/2 cup
 1 tbsp
 3 cup
 1 qts 1 cup
 2-5/8 cup
 1-1/2 cup
 2-2/3 tbsp
 2 cup
 3 qts 3-5/8 cup
 3/8 tsp

Issue

Method

- 1 Drain fruit; reserve liquid for use in Step 3 and fruit for use in Step 6.
- 2 Sift together flour, cinnamon, and baking soda; set aside for use in Step 5.
- 3 Place margarine, sugars, egg substitute, reserved liquid, and vanilla in a mixer bowl. Beat at high speed for 1 to 2 minutes or until well blended. Scrape down bowl.
- 4 Add oats; mix at low speed 1 minute until well blended. Scrape down bowl.
- 5 Add flour mixture; mix at low speed 1 to 2 minutes or until well blended. Scrape down bowl.
- 6 Add fruit; mix at low speed 30 seconds or until just mixed.
- 7 Lightly spray sheet pans. Place about 1-1/4 gallons in each sheet pan. Spread evenly.
- 8 Bake 35 minutes at 325 F. or until lightly browned and toothpick comes out clean on high fan, open vent.
- 9 Loosen from pans while still warm. Cut 6 by 9.

Notes

- 1 In Step 1, 4-1/4 quarts of canned, drained peaches or pears may be used for 100 portions.
- 2 In Step 4, a combination of 5-1/2 quarts or rolled oats and 1-1/2 quarts of oat bran cereal may be used instead of oats per 100 servings.