

BLUEBERRY OATMEAL

Culinary Intro:	This easy-to-make oatmeal is a delight. The blueberries burst, spreading their purple blue pigment throughout.
Nutrition Intro:	Breakfast is one an important meal in the day. Research suggests eating a balanced breakfast may reduce the risk factors associated with obesity and type 2 diabetes. A balanced breakfast consists of whole grains, a serving of fruit or vegetable, a serving of dairy or dairy alternative.

<p>Prep time: 15 minutes Ingredients for 2 servings Each serving= about 1 cup Cost per serving=\$0.91</p> <ul style="list-style-type: none"> • 1 cup low-fat milk or unsweetened milk alternative • 1 teaspoon ground cinnamon, or to taste • 2 teaspoons honey • ½ cup rolled oats • ½ cup blueberries, fresh or frozen • ¼ cup chopped walnuts or pecans (optional) <p>Steps:</p> <ul style="list-style-type: none"> • In a small pot, add milk and heat over medium low heat until small bubbles start to rise to the top. Be careful not to scorch the bottom, so stir gently. • Add cinnamon and honey and whisk to combine with the milk. • Add rolled oats and bring to a simmer. Stir gently and cook until oats are cooked, 5-7 minutes. Add the blueberries and allow to warm through. You will notice some of them bursting. Add the walnuts. <p>Note: Instant oats will cook much more quickly, about 2-3 minutes.</p>	Culinary/ Nutrition Notes for Demo:	
	1	<p>Culinary:</p> <ul style="list-style-type: none"> • milk can scorch easily; heat up milk over a low flame to avoid burning the milk at the bottom of the pot • stir gently to avoid burning • once small bubbles start to appear at the top, the milk is reaching the desired temperature <p>Nutrition:</p> <ul style="list-style-type: none"> • Dairy foods are a source of saturated fats. For less saturated fat and calories, choose low-fat or fat-free alternatives. • There are many types of milk alternatives such as: soy, almond, rice, coconut, or a mixture of types. • Similar to dairy, milk alternatives are a source of protein, and most are fortified with calcium and vitamin D. • Keep in mind that food alternatives with flavoring may have lots of added sugars. Compare nutrition facts food labels and try choosing original flavors.
	2	<p>Culinary:</p> <ul style="list-style-type: none"> • cinnamon and honey pair well together • an alternative to the honey can be vanilla extract, about ½ teaspoon <p>Nutrition:</p> <ul style="list-style-type: none"> • Cinnamon enhances the natural sweetness of the ingredients in the recipe.
	3	<p>Culinary:</p> <ul style="list-style-type: none"> • different styles of oats require different cooking times • in this recipe, we are using thick-cut oats, which take about 5-7 minutes to cook through; instant oats will cook much more quickly, about 2-3 minutes <p>Nutrition:</p> <ul style="list-style-type: none"> • Oats are a source of beta-glucan fiber, which helps maintain healthy blood cholesterol levels.
4	<p>Culinary:</p> <ul style="list-style-type: none"> • the blueberries will burst open, spreading their jammy flavor throughout • walnuts or pecans add a bit of nuttiness and crunch • if no pb allergy, try swirling in 2 teaspoons of natural 	

Nutrition Facts

Serving Size about 1 cup (203g)
Servings Per Container 2

Amount Per Serving

Calories 270 Calories from Fat 110

% Daily Value*

Total Fat 12g **18%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 55mg **2%**

Total Carbohydrate 34g **11%**

Dietary Fiber 6g **24%**

Sugars 15g

Protein 9g

Vitamin A 2% • Vitamin C 6%

Calcium 20% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

peanut butter

Nutrition:

- Statistics show that children are not eating enough servings of whole fruits per day. Every meals is an opportunity to incorporate F&V into a child's meals plan. Fresh, frozen (closest to natural form) and or canned (in juice), are all good options. (<http://www.cdc.gov/media/releases/2014/p0805-fruits-vegetables.html>)
- Eat more whole fruits and drink less fruit juice.
- Blueberries are a variety of fruits with very low amounts of natural sugars.

Clean-up/Review comments

Culinary/ Cook Once, Eat Twice:

This oatmeal can be prepared ahead of time and reheated.

Materials	Shopping List
<ol style="list-style-type: none"> 1. 1 cutting board 2. 1 knife 3. 1 bowl for trash 4. mise en place bowls 5. silicone spatula 6. 1 burner 7. 1 small pot 8. 1 whisk 9. measuring cups 10. measuring spoons 11. paper plates/ cups/ soufflé cups 12. paper towels 13. tablecloth 14. kitchen towel 15. gloves 16. copies of recipe 	<p>Produce</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 pint blueberries (if not using frozen)
	<p>Dry Goods</p> <ul style="list-style-type: none"> <input type="checkbox"/> thick-cut oats <input type="checkbox"/> honey <input type="checkbox"/> walnuts or pecans
	<p>Dairy</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 cup low-fat milk
	<p>Condiments</p> <ul style="list-style-type: none"> <input type="checkbox"/> ground cinnamon
	<p>Paper Goods</p> <ul style="list-style-type: none"> <input type="checkbox"/> bowls, spoons, napkins
<p>Prepping for demo:</p> <ul style="list-style-type: none"> • Shop for ingredients/ Ensure all ingredients are available • Rinse & dry produce • Prep & store for demo as requested in recipe • Label all mise en place items • Make sure to leave a portion of the produce intact for demo purposes • If recipe will be sampled by a large audience, prepare a large batch of ingredients ahead of time • Ensure all equipment is in place and set up table with a tablecloth • Display ingredients in a visually appealing manner and in a way that flows with the sequence of recipe <p>Estimated time for preparation: ½ hour</p>	