

Cherry Berry Sunrise

Preparation time: 20 minutes | Cook time: 50 minutes



HACCP Process: _____ 1 – No Cook 2 – Cook & Same Day Serve _____ 3 – Cook, Cool, Reheat, Serve _____ 4 – SOP Controlled

Ingredients	For 50 Servings		For 100 Servings		Directions
	Weight	Measure	Weight	Measure	
Sweet cherries, Montana grown, frozen, pitted	8 lb 8 oz		17 lb		<ol style="list-style-type: none"> In a large bowl, mix sweet cherries, blueberries, strawberries, sugar, and cornstarch. Spray hotel pans (12" x 20" x 2 1/2" size pan) lightly with nonstick cooking spray. Evenly distribute and gently spread the berry mixture into pans. For 50 servings use 2 pans. For 100 servings use 4 pans. Bake berry mixture: Conventional oven: 350°F for 50 minutes. Convection oven: 325°F for 50 minutes. Critical Control Point: Heat to 135°F for higher for at least 15 seconds. Hot hold at 135°F for service. Mix the rolled oats, brown sugar, cinnamon, and olive oil in a bowl. Spread topping evenly across a 2" deep hotel pan. Bake oat mixture: Conventional oven: 350°F for 35 minutes. Convection oven: 325°F for 35 minutes. If using convection oven, turn off blower fan. Stir topping half way through the baking time. The topping should be a light toasted brown color. Serve 1/2 cup (using 4 fl oz spoodle) of warm berry mixture. Sprinkle with 2 Tbsp toasted oat topping. Optional: garnish with 1 Tbsp vanilla yogurt with a dusting of cinnamon.
Blueberries, frozen	5 lb 4 oz		10 lb 8 oz		
Strawberries, frozen, whole or sliced	5 lb 4 oz		10 lb 8 oz		
Cornstarch		1 cup		2 cups	
Sugar, white, granulated		1 2/3 cups		3 1/3 cups	
Topping ingredients:					
Rolled oats, dry, uncooked		4 1/2 cups		2 qt 1 cup	
Brown sugar		1 cup		2 cups	
Cinnamon		1/4 cup		1/2 cup	
Olive oil		3/4 cup		1 1/2 cups	



Serving Size: 1/2 cup (4 fl oz spoodle) and 2 Tbsp oat topping

Yield: 50 servings = 12.5 cups | 100 servings = 25 cups

Meal Component Crediting (Based on Serving Size)

1 Serving Provides: 1/2 cup fruit

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Nutrition Analysis <i>(Based on Serving Size)</i>	
Calories (cal)	194
Total Fat (g)	4 g
Saturated Fat (g)	0.6 g
Cholesterol (mg)	0 mg
Sodium (mg)	3 mg
Total Carbohydrate (g)	39 g
Dietary Fiber (g)	5 g
Total Sugars (g)	25 g
Added Sugars included (g)	25 g
Protein (g)	2 g
Vitamin D	N/A
Calcium (mg)	34 mg
Iron (mg)	1 mg
Potassium (mg)	274 mg

N/A = data not available



Source: Montana Team Nutrition - Harvesting Montana Recipes Contest
 Original Source: Louise Chandler, Noxon Schools, MT
 Standardized by: Tura Gruel and staff, Belfry School District, MT and Chef Leah Smutko, Fork and Spoon Kitchen, Bozeman, MT

Marketing Guide		
Food as Purchased for	50 Servings	100 Servings
Sweet cherries, frozen, pitted	8 lb 8 oz	17 lb
Blueberries, frozen	5 lb 4 oz	10 lb 8 oz
Strawberries, frozen	5 lb 4 oz	10 lb 8 oz



Notes

- For faster preparation, thaw the berries in the refrigerator overnight before baking. Reduce baking time of berry mixture to 35 minutes.
- If using whole frozen strawberries, increase baking time to 60 minutes.
- This recipe looks nice when portioned into individual bowls.



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