

Apple Cinnamon Baked Oatmeal - CACFP

General Information

Recipe #	Category	Source
2032439	Breakfast Entree 	Local

Ingredients

Name	Quantity	Quantity + 2
Quaker Old Fashioned Oats 42 Oz	2 lbs., 3 oz.	
Leavening agents, baking powder, low-sodium	2 tsp.	
Spices, cinnamon, ground	2 ¼ tsp.	
Spices, nutmeg, ground	¼ tsp.	
Salt, table	½ tsp.	
Sugars, brown	1 c. packed	
Milk, fluid, nonfat, calcium fortified (fat free or skim)	1 pt., 1 c.	
Egg, whole, raw, fresh	2 large	
Butter, without salt	3 tbsp.	
Vanilla extract	1 ½ tsp.	
Apples, raw, with skin (Includes foods for USDA's Food Distribution Program)	3 lbs., 12 oz.	



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Serving Size	Yield
0.5 Cups	25.00

Nutrition Facts

Serving Size 0.5 Cups (153 gm)

Amount Per Serving	% Daily Value*
Calories 247.774	
Total Fat 4.921 gm	7.571%
Saturated Fat 1.542 gm	7.71%
Trans Fat 0.002* gm	
Cholesterol 19.136 mg	6.379%
Sodium 71.344 mg	2.973%
Total Carbohydrate 46.705 gm	15.568%
Dietary Fiber 5.739 gm	22.958%
Total Sugars 18.090 gm	
Includes 8.538 * gm of Added Sugars	
Protein 6.684 gm	13.369%
Vitamin A 60.740* mcg RAE	6.749%
Vitamin C 3.436* mg	5.726%
Vitamin D 0.436 mcg	2.178%
Calcium 114.115 mg	11.412%
Iron 1.768 mg	9.823%
Potassium 330.340 mg	7.029%
Saturated Fat % of Calories 5.601%	
Added Sugar % of Calories 13.783 %	

* Indicates missing Nutrient Information.

^ Indicates user added nutrient.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to the daily diet. 2,000 calories a day is used for general nutrition advice.

Meal Components

Component	Measurement
Grains	2 oz

Preparation Instructions

HACCP Process: #2 - Same Day Service

1. Preheat the oven to 350 degrees F and grease a 12x18 inch baking dish or 1-2 inch full sized hotel pan with cooking spray.
2. In a large bowl, whisk together the oats, baking powder, cinnamon, nutmeg, salt, and brown sugar.
3. In a separate bowl, mix together milk, eggs, melted butter, and vanilla. Pour over oat mixture and stir to combine.
4. Arrange the cored, peeled, and diced apples evenly over the bottom of the pan and pour the oatmeal mixture over the top. At this point the mixture can be placed in the cooler if you are making it for the next day.
5. Bake in a 350 degree F oven for 30-45 minutes until the top is golden and the mixture is set and not very jiggly. If you have mixed together the day before, bake in a 350 degree F oven for 1 hour and take the temperature to make sure it is 165 degrees F. Serve warm.

Separate raw animal foods, such as eggs, fish, meat, and poultry, from ready-to-eat foods, such as lettuce, cut melons, and lunch meats during receiving, storage, and preparation.

Food prep areas, equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.

Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.

Remove products from storage using oldest pack date first. If frozen, keep product in original packaging and place in a pan(s). Place in cooler following proper HACCP storage guidelines to prevent cross-contamination.

CCP: Take and record on a temperature log all beginning temperatures of refrigerated foods before beginning the recipe.

Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.

Fruits

0.25 cups

If a recipe contains a combination of meat products, cook the product to the highest required temperature.

Added Sugar Limitations i

Not applicable.

CCP: Heat to 165° F or higher for at least 15 seconds.

Remove product from oven. Caution! Finished product is hot. Use oven mitts when handling product to avoid injury.

CCP: Place product in warming cabinet until served. Ensure that hot food is held at a temperature above 140° F.

CORRECTIVE ACTION HOT FOOD: All cooked food items being held for service that drop below 140 degrees must be removed from service until such time as they are reheated to 165 degrees. Any food not eaten after reheating must be discarded.

CCP: Maximum holding time is two (2) hours. Discard product after maximum holding time is reached. Do not reheat product.

CCP: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

CCP: Record time and internal temperature of completed recipe on daily log.

Dates

Last Updated

12-11-2025

Created

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