

Cooking Up Healthy Habits: A Guide to CACFP Meals

This PDF includes all 4 recipes in the Apple Crunch Guide. The full guide is available on the Wisconsin DP1 website, click here.

Cycle 2 Recipes

APPLE JACKED PANCAKES

Meal Type: Breakfast			
Ingredients	10 Servings	50 Servings	100 Servings
Milk, 1% (low-fat)	½ cup	2 cups	4 cups
Eggs	3 large	17 large	34 large
Vegetable oil	1 Tbsp. + 2 tsp	½ cup	1 cup
Applesauce, unsweetened	¾ cup	4 cups	8 cups
Whole wheat flour	1 ¼ cups	6 ¼ cups	12 ½ cups
Baking powder	2 ½ tsp	¼ cup	½ cup
Salt	1 pinch	2 tsp	1 Tbsp. + 1 tsp
Sugar	2 Tbsp.	½ cup	1 cup
Ground Cinnamon	1/8 tsp	½ tsp	1 tsp
Apples, peeled, sliced into rings	2 large	8 large	16 large
Apples, peeled, diced	3 cups	17 cups	34 cups

Directions

- 1. Heat griddle over high heat (to about 375°F).
- 2. Combine milk, eggs, oil and applesauce in a mixing bowl. Mix well.
- Sift whole wheat flour, baking powder, salt, sugar and cinnamon. Mix batter completely, scraping the sides of the bowl when necessary.
- 4. Peel, core and slice apple into 5 rings.
- 5. For each pancake, place an apple ring (1) on griddle and pour ¼ cup of batter over the apple ring starting in the center and covering the apple.
- 6. Cook until bubbles appear on top and bottom is browned. Flip and cook the other side (about 1 minute).
- 7. Peel, core and dice apple. Top each pancake with ¼ cup of diced apples.

Serving Sizes	
Age Group	Serving Size
Ages 1-2	1 pancake, no diced apples
Ages 3-5	1 pancake w/ diced apples
Ages 6-12	1 pancake w/ diced apples

Food Components Used
Fruits
Grains

BERRY BONANZA

Meal Type: Breakfast			
Ingredients	10 Servings	50 Servings	100 Servings
Old-fashioned rolled oats	1 ¼ cups	6 ¼ cups	12 ½ cups
Vanilla yogurt, non-fat	1 ¼ cups	6 ¼ cups	12 ½ cups
Milk, 1% (low-fat)	½ cup	3 cups	6 cups
Apple, peeled and diced	1 ² / ₃ cups	8 ¼ cups	16 ½ cups
Blueberries (fresh or frozen)	2 cups	10 ½ cups	21 cups
Golden raisins	1 ² / ₃ cups	7 ¼ cups	14 ½ cups

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 blueberries (if frozen).
- 3. Peel, core and dice the apples. Add apples, blueberries, and golden raisins and mix gently.
- 4. Scoop into small dishes and serve.

Serving Sizes	
Age Group	Serving Size
Ages 1-2	½ cup
Ages 3-5	¾ cup
Ages 6-12	¾ cup

Food Components Used
Fruit
Grains*

^{*}Meat or meat alternate used to meet grain requirement.

GOLDEN RAYS

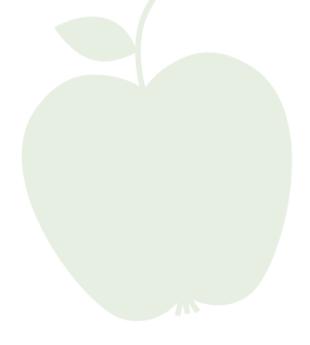
Meal Type: Breakfast			
Ingredients	10 Servings	50 Servings	100 Servings
Old-fashioned rolled oats	1 ¾ cups + 2 Tbsp.	9 ¼ cups	18 ½ cups
Milk, 1% (low-fat)	3 1/3 cups	1 gal + ¾ cup	2 gal + 1 ¼ cups
Ground cinnamon	2 ½ tsp	1/4 cup	½ cup
Vanilla extract	1 ½ tsp	2 Tbsp. + 2 tsp	¹/3 cup
Light brown sugar	1 Tbsp. + 1 tsp	1/3 cup + 1 tsp	² /3 cup + 2 tsp
Golden raisins, seedless	2 ½ cups	12 ½ cups	25 cups
Apple, diced	2½ cups	12 ½ cups	25 cups

Directions

- 1. In a large saucepan, bring milk to a boil.
- 2. Combine oats and cinnamon. Mix into milk. Return to a boil.
- 3. Peel, core, and dice apples.
- 4. Add diced apples to mixture, reduce heat and simmer for 5 to 10 minutes or until mixture has thickened.
- 5. Remove from heat and mix in brown sugar, vanilla and golden raisins.

Serving Sizes	
Age Group	Serving Size
Ages 1-2	¼ cup
Ages 3-5	½ cup
Ages 6-12	½ cup

Food Components Used
Fruits
Grains



NOTE: The number of servings is based on Ages 3-5; Number of servings may increase or decrease based on the ages of the children served.

Recipe adapted All Recipes. http://allrecipes.com/Recipes/Everyday-Cooking/Family-Favorites/Main.aspx. 2010. Updated and revised: June 30, 2017.