



Blueberry Delight



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Blueberry Delight—Quick Scratch Preparation

Meal Pattern Crediting (1 serving): 1 Dairy M/MA, 1 Grain, 1/2 cup Fruit



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Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Pan-release spray	48 g.	to coat pan/ oats	96 g.	to coat pan/ oats	1. Coat an 11 x 18 x 2 in. cake pan with pan-release spray. (One pan for 24 servings; two pans for 48 servings.)
Oats, quick cooking	24 oz.	7 1/2 cups	48 oz.	15 cups	
Greek yogurt, vanilla, fat free	18 oz.	2 1/4 cups	36 oz.	4 1/2 cups	2. In a bowl, mix oats, yogurt and sugar. (See photo #1) 3. Press out oat mixture evenly in bottom of pan. (See photo #2)
Brown sugar	12 oz.	1 1/2 cups	24 oz.	3 cups	
Eggs, liquid	5.5 oz.	2/3 cups	11 oz.	1 1/3 cups	4. In a large bowl, whisk eggs and cornstarch.
Cornstarch	2.3 oz.	6 tbs.	4.6 oz.	3/4 cup	
Greek yogurt, vanilla, fat free	96 oz.	10 1/2 cups	192 oz.	21 cups	5. Add yogurt and sugar; stir until blended. (See photo #3)
Sugar, granulated	12 oz.	1 1/2 cups	24 oz.	3 cups	
Blueberries, individually quick frozen	48 oz.	6 cups	96 oz.	12 cups	6. Toss frozen blueberries in flour until lightly coated; discard excess flour. 7. Gently fold blueberries into yogurt mixture; pour evenly over crust. (See photo #4) 8. Bake at 325°F for 1 hour and 30 minutes in a conventional oven, or 300°F for 1 hour and 10 minutes in a convection oven. 9. Remove the pan from oven and cover with foil, bake for another 30 minutes.
Flour, as needed					
Blueberries, individually quick frozen or fresh as garnish	48 oz.	6 cups	96 oz.	12 cups	10. Cool at room temperature for 1 hour. Refrigerate for at least 3 hours before cutting. 11. Cut 24 (3-3/4-in. x 4-1/2-in.) pieces.

Post-Bake
12. Garnish each piece with 1/4 cup blueberries.

Comments
Tossing the blueberries in flour reduces bleeding during the baking process.
Any individually-quick-frozen berries, mixed berries or cherries can be substituted.
Whole eggs may be used in place of liquid egg. Six whole eggs = 1 1/3 cup of liquid egg. Three whole eggs = 2/3 cup liquid egg.
A fruit sauce can be used in place of plain fruit as a topping for this dish. Instructions (24 servings): Combine remaining blueberries (or other fruit) and 1 cup of sugar in a small saucepot. Cook on low heat for 10 minutes, just until blueberries have burst and sauce begins to thicken. Remove from heat and let cool. Top each portion of Blueberry Delight with 1/4 cup fruit sauce.

Nutrients Per Serving—Analyzed using NutriKids software					
Calories	329	Saturated Fat	0.44 g	Iron	0.83 mg
Protein	14.47 g	Cholesterol	27.29 mg	Calcium	173.76 mg
Carbohydrate	61.06 g	Vitamin A	91.31 IU	Sodium	75.76 mg
Total Fat	3.53 g	Vitamin C	2.77 mg	Dietary Fiber	3.71 g

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Photo #1



Photo #2



Photo #3



Photo #4

