



APPLE AND DRIED CRANBERRY OATMEAL WITH QUAKER KETTLE HEARTY® OATS

Each Serving Provides:
1.25 OEG
1/4 c. Fruit

Apple and Dried Cranberry Oatmeal with Quaker Kettle Hearty® Oats

INGREDIENT	QUANTITY 100 servings	1 Serving
Quaker Kettle Hearty® Oats	3 tubes (39 c.)	0.5 c.
Water	3 Gal.	1/2 c.
Unsweetened Apple Cider	2 Gal. + 1 Qt.	
Sugar	2 1/4 c.	1 1/8 tsp.
Fresh or Canned Apples, peeled and diced	18 c.	
Dried Cranberries	12 c.	1 tbsp + 2 7/8 tsp (CHOPPED)
Apple 100% Juice		3 oz
APPLES,CND,H2O PK,SLCD,DRN		2 tbsp + 2 7/8 tsp

PREPARATION

- In a large stockpot or steam kettle, whisk together the water and cider.
- Bring the mixture to a boil.
- Add oats and sugar and return to a boil.
- Reduce heat and cook at a low simmer for 10 minutes.
- Turn off the heat and let stand covered or transfer to a steamtable pan and cover for 30 minutes or until all liquid is absorbed.
- Stir in apples and dried cranberries.
- Hold on steamtable on medium (#5 setting) up to 3 hours.

Nutrition Facts**1 Serving:**

Calories 241

Saturated Fat 0.4g

Sodium 9.2mg