



Blueberry Delight

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Blueberry Delight—Quick Scratch Preparation

Recipe HACCP Process: #3 Complex

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

Portion Size: 1 square

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Pan-release spray	As needed		As needed		1. Preheat oven.
Oats, quick cooking	24 oz.	1 quart + 3 1/2 cups	48 oz.	2 quarts + 7 cups	2. Coat a 12 X 20 X 2 inch full size steamtable pan with pan release. (One pan for 24 servings; two pans for 48 servings).
Greek yogurt, vanilla, fat free	16 oz.	2 cups	32 oz.	4 cups	3. In a bowl combine oats, yogurt, and brown sugar. Using gloved hands mix well. (See photo #1)
Brown sugar	12 oz.	1 1/2 cups	24 oz.	3 cups	4. Place ~3 lbs. (2 1/2 quarts—not packed down) of oat mixture into each prepared pan.
Eggs, liquid	6 oz.	3/4 cups (3 shell eggs)	12 oz.	1 1/2 cups (6 shell eggs)	5. Press out oat mixture evenly in bottom of pan. (See photo #2)
Cornstarch	2 oz.	1/3 cup + 2 Tbsp.	4 oz.	3/4 cup + 1 Tbsp.	6. Pour eggs into a large mixing bowl and add cornstarch and sugar.
Sugar, granulated	12 oz.	1 1/2 cups	24 oz.	3 cups	7. Using a stiff whisk, blend until smooth. (See photo #3) Note: Floor mixer may be necessary for large batches.
Greek yogurt, vanilla, fat free	96 oz.	3 quarts	192 oz.	1 gal. + 2 quarts	8. Add Greek yogurt and stir until blended.
Blueberries, individually quick frozen	3 lbs. 2 oz. (50 oz.)	1 1/2 quarts	6 lbs. 4 oz. (100 oz.)	3 quarts	9. Place frozen blueberries in full size steamtable pan. Toss with flour. Note: Keep berries frozen until ready to use.
Flour, All Purpose		2 – 3 Tbsp.		4 – 6 Tbsp.	10. Gently fold 1 1/2 quarts of blueberries into yogurt mixture; pour approximately 1 gal + 2 cups evenly over crust. (See photo #4)
					11. 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. Edges should be slightly brown, while middle will not be set. Note: Put blower on low. CCP: Minimum internal temperature should reach 165°F.
					12. Remove the pan from oven and cover with foil, being sure to fully seal edges of the foil around pan. (This will prevent hot air from entering, which can lead to excess browning.) Bake for another 30 minutes.
					13. Cool immediately to 41° F. CCP: Cool to 70°F within 2 hours; then to below 41°F within 4 additional hours . Best if prepared 24 hours in advance.

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Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Blueberries, individually quick frozen or fresh as garnish	2 lbs.	1 quart	4 lbs.	2 quarts	Post-Bake 14. Cut pan 4 x 6 into 24 squares. CCP: No bare hand contact with ready-to-eat food. 15. Garnish each piece with 1/4 cup blueberries using 2 oz. spoodle or #16 disher. CCP: Hold and serve at 41°F or below.

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 1/2 cup of liquid egg. Three whole eggs = 3/4 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.
Tip: Add 1/2 teaspoon of ground cinnamon to oatmeal, sugar, yogurt crust.
Tip: Add 2 teaspoons of vanilla extract to yogurt filling mixture.

Nutrients Per Serving—Analyzed using NutriKids software					
Calories	406	Saturated Fat	0.58 g	Iron	1.71 mg
Protein	16.13 g	Cholesterol	32.24 mg	Calcium	155.37 mg
Carbohydrate	77.89 g	Vitamin A	85.97 IU	Sodium	58.13 mg
Total Fat	2.99 g	Vitamin C	5.18 mg	Dietary Fiber	5.45 g

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Photo #1



Photo #2



Photo #3



Photo #4

