



Mixed Berry Compote

Featured Item: Berries
Serving Size: 1/2 cup • Yield 50

HACCP Process #2:
Same Day Service

Child Nutrition Credit:
1/2 cups of Fruit

INGREDIENTS

- 6 oranges
- 1 gal., 2/3 c. mixed berries of choice (such as raspberries, blueberries, blackberries, or sliced strawberries)
- 1 Tbsp. sugar



DIRECTIONS

1. Preheat the oven to 350°F
2. Place berries and sugar in a steamtable pan.
3. Zest the oranges onto the berries.
4. Gently combine the berries, sugar and zest.
5. Bake for 15–20 minutes, or until the berries are slightly softened.

NUTRITION FACTS

Calories: 65
Total Fat: 0
Saturated Fat: 1g
Trans Fat: 0
Cholesterol: 16g
Sodium: 0
Total Carbohydrate: 16g
Dietary Fiber: 3g
Total Sugars: 12g
Protein: 1g



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ASSEMBLE AND PREP INGREDIENTS:

- Gather strawberries, blueberries, oranges and sugar.
- Dice strawberries.



COMBINE BERRIES:

- Combine strawberries and blueberries.
- Note: Can use any combination of berries such as: raspberries, blueberries, strawberries, blackberries.



ADD REMAINING INGREDIENTS AND BAKE:

- Zest oranges and combine with berries. Add sugar.
- Bake in 350°F oven for 15-20 minutes, or until berries are softened.



SERVE AND ENJOY!

- Use as a topping over pancakes, waffles, oatmeal or yogurt.