

# Mixed Berry Compote

**Featured Item:** Berries  
Serving Size: 0.25 cup • Yield 50

**HACCP Process #2:**  
Same Day Service

**Child Nutrition Credit:**  
0.25 Cups of Fruit

## INGREDIENTS

3 Oranges  
1 quart, 1 pint, 1 cup Strawberries, sliced  
1 quart, 1 pint, 1 cup Blueberries, local  
1 tablespoon Sugar



## DIRECTIONS

\* Can use any combination of berries (raspberries, blueberries, strawberries, blackberries) to equal total quantity of berries.

1. Preheat oven to 350 degrees F.
2. In a 4" full hotel pan add orange zest, berries and sugar.
3. Bake for 15–20 minutes, or until the berries are slightly softened.
4. Serve 1/4 C. Can be use to top Baked Oatmeal, pancakes or waffles.

## NUTRITION FACTS

**Calories:** 25  
**Total Fat:** 0  
Saturated Fat: 0g  
Trans Fat: 0  
**Cholesterol:** 0g  
**Sodium:** 0  
**Total Carbohydrate:** 6g  
Dietary Fiber: 1g  
Total Sugars: 4g  
**Protein:** 0.3g



Scan the code to learn more about Harvest of the Month.

# Mixed Berry Compote

**Featured Item:** Berries  
 Serving Size: 0.25 cup • Yield 6

**HACCP Process #2:**  
 Same Day Service

**Child Nutrition Credit:**  
 0.25 Cups of Fruit

## INGREDIENTS

**1** Oranges  
**1 pint** Strawberries, sliced  
**1 pint** Blueberries, local  
**1 tablespoon.** Sugar



## DIRECTIONS

\* Can use any combination of berries (raspberries, blueberries, strawberries, blackberries) to equal total quantity of berries.

1. Preheat oven to 350 degrees F.
2. In a 4" full hotel pan add orange zest, berries and sugar.
3. Bake for 15–20 minutes, or until the berries are slightly softened.
4. Serve 1/4 C. Can be use to top Baked Oatmeal, pancakes or waffles.

## NUTRITION FACTS

**Calories:** 66  
**Total Fat:** 0.2g  
     Saturated Fat: 0g  
     Trans Fat: 0  
**Cholesterol:** 0g  
**Sodium:** 0.5g  
**Total Carbohydrate:** 16g  
     Dietary Fiber: 3g  
     Total Sugars: 12g  
**Protein:** 1g



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