



FEED OUR FUTURE®

Local Foods for Growing Minds



ECE CENTER RECIPE

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 used 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



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about Harvest
of the Month.

ENJOY!

Recipe and nutritional info provided by our partner, Pisanick Partners LLC

Email ohiofeedourfuture@gmail.com for full nutrition facts.



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ECE FCCH RECIPE

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.
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3. Bake for 15-20 minutes, or until the berries are slightly softened.
4. Serve 1/4 C. Can be used 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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