



## Cooking Up Healthy Habits: A Guide to CACFP Meals

This PDF includes all 4 recipes in the Apple Crunch Guide. The full guide is available on the Wisconsin DPI website, [click here](#).

# Cycle 2 Recipes

## APPLE JACKED PANCAKES

### Meal Type: Breakfast

Ingredients	10 Servings	50 Servings	100 Servings
Milk, 1% (low-fat)	½ cup	2 cups	4 cups
Eggs	3 large	17 large	34 large
Vegetable oil	1 Tbsp. + 2 tsp	½ cup	1 cup
Applesauce, unsweetened	¾ cup	4 cups	8 cups
Whole wheat flour	1 ¼ cups	6 ¼ cups	12 ½ cups
Baking powder	2 ½ tsp	¼ cup	½ cup
Salt	1 pinch	2 tsp	1 Tbsp. + 1 tsp
Sugar	2 Tbsp.	½ cup	1 cup
Ground Cinnamon	⅛ tsp	½ tsp	1 tsp
Apples, peeled, sliced into rings	2 large	8 large	16 large
Apples, peeled, diced	3 cups	17 cups	34 cups

### Directions

1. Heat griddle over high heat (to about 375°F).
2. Combine milk, eggs, oil and applesauce in a mixing bowl. Mix well.
3. Sift whole wheat flour, baking powder, salt, sugar and cinnamon. Mix batter completely, scraping the sides of the bowl when necessary.
4. Peel, core and slice apple into 5 rings.
5. For each pancake, place an apple ring (1) on griddle and pour ¼ cup of batter over the apple ring starting in the center and covering the apple.
6. Cook until bubbles appear on top and bottom is browned. Flip and cook the other side (about 1 minute).
7. Peel, core and dice apple. Top each pancake with ¼ cup of diced apples.

### Serving Sizes

Age Group	Serving Size
Ages 1-2	1 pancake, no diced apples
Ages 3-5	1 pancake w/ diced apples
Ages 6-12	1 pancake w/ diced apples

### Food Components Used

Fruits  
Grains

NOTE: The number of servings is based on Ages 3-5; Number of servings may increase or decrease based on the ages of the children served.

Recipe adapted from USDA Recipes for Child Care. USDA Team Nutrition. United States Department of Agriculture: Food and Nutrition Services; 2009. Updated and revised: June 30, 2017.



# BERRY BONANZA

Meal Type: Breakfast			
Ingredients	10 Servings	50 Servings	100 Servings
Old-fashioned rolled oats	1 ¼ cups	6 ¼ cups	12 ½ cups
Vanilla yogurt, non-fat	1 ¼ cups	6 ¼ cups	12 ½ cups
Milk, 1% (low-fat)	½ cup	3 cups	6 cups
Apple, peeled and diced	1 ⅔ cups	8 ¼ cups	16 ½ cups
Blueberries (fresh or frozen)	2 cups	10 ½ cups	21 cups
Golden raisins	1 ⅔ cups	7 ¼ cups	14 ½ cups

## Directions

1. In a medium bowl, mix old-fashioned rolled oats, yogurt and milk.
2. Cover and refrigerate for 6 to 12 hours (overnight is best). Meanwhile, thaw blueberries (if frozen).
3. Peel, core and dice the apples. Add apples, blueberries, and golden raisins and mix gently.
4. Scoop into small dishes and serve.

## Serving Sizes

Age Group	Serving Size
Ages 1-2	½ cup
Ages 3-5	¾ cup
Ages 6-12	¾ cup

## Food Components Used

Fruit  
Grains\*

\*Meat or meat alternate used to meet grain requirement.

NOTE: The number of servings is based on Ages 3-5; Number of servings may increase or decrease based on the ages of the children served.

Recipe adapted from Heart Healthy Home Cooking African American Style — with Every Heartbeat is Life. National Heart, Lung, and Blood Institute; 2008. [www.nhlbi.nih.gov/health/public/heart/other/chdblack/cooking.htm](http://www.nhlbi.nih.gov/health/public/heart/other/chdblack/cooking.htm). Updated and revised: June 30, 2017.



# GOLDEN RAYS

## Meal Type: Breakfast

Ingredients	10 Servings	50 Servings	100 Servings
Old-fashioned rolled oats	1 ¾ cups + 2 Tbsp.	9 ¼ cups	18 ½ cups
Milk, 1% (low-fat)	3 ⅓ cups	1 gal + ¾ cup	2 gal + 1 ¼ cups
Ground cinnamon	2 ½ tsp	¼ cup	½ cup
Vanilla extract	1 ½ tsp	2 Tbsp. + 2 tsp	⅓ cup
Light brown sugar	1 Tbsp. + 1 tsp	⅓ cup + 1 tsp	⅔ cup + 2 tsp
Golden raisins, seedless	2 ½ cups	12 ½ cups	25 cups
Apple, diced	2 ½ cups	12 ½ cups	25 cups

### Directions

1. In a large saucepan, bring milk to a boil.
2. Combine oats and cinnamon. Mix into milk. Return to a boil.
3. Peel, core, and dice apples.
4. Add diced apples to mixture, reduce heat and simmer for 5 to 10 minutes or until mixture has thickened.
5. Remove from heat and mix in brown sugar, vanilla and golden raisins.

### Serving Sizes

Age Group	Serving Size
Ages 1-2	¼ cup
Ages 3-5	½ cup
Ages 6-12	½ cup

### Food Components Used

Fruits
Grains



NOTE: The number of servings is based on Ages 3-5; Number of servings may increase or decrease based on the ages of the children served.

Recipe adapted All Recipes. <http://allrecipes.com/Recipes/Everyday-Cooking/Family-Favorites/Main.aspx>. 2010. Updated and revised: June 30, 2017.