




# Oatmeal with Fruit

This recipe was provided by **Ron Weeks** from **Wickannish Community School** in Tofino, BC

 Yield: 50 servings

 Serving Size: 250 ml

## Ingredients

- 1.5 kg (16 cups) rolled oats\*
- 500 ml ground flax seeds
- 10 L water
- 8 cups blueberries
- 8 cups chopped apples
- 8 ml. cinnamon
- 60 ml vanilla extract
- 120 ml maple syrup
- 10 ml salt

\*this recipe is using whole rolled oats, but you can use quick oats and reduce water to 8L.

\*\*cinnamon, vanilla extract, maple syrup and salt can be adjusted to desired preference. Berries and apples can be substituted with other fruit.

## Method

### Step 1

In a heavy bottom pot, on medium/high heat, cook the oats and flax seed in the water until desired consistency (15 minutes).

### Step 2

Add remaining ingredients and continue cooking for 2-3 minutes.

## HACCP

- Wash hands before handling food, after handling raw foods, and after any activity that may contaminate hands.
- Use clean and sanitized equipment and utensils. Use gloves or tongs when handling food.