



Banana Chocolate Baked Oatmeal Bars

With Yogurt Cup

Recipe Type: Breakfast

Meal Components: 1 or 2 oz eq WGR grain, 1 oz m/ma

Preparation Time: 40 minutes

Cook Time: 40 minutes

Total Time: 1 hour 20 minutes

Ingredients	24 - 2 oz/48 - 1 oz servings		96 - 2 oz/192 - 1 oz servings		Directions
	Weight	Measure	Weight	Measure	
					1. Preheat oven to 375° F convection or 400° F conventional. Spray full size 2" deep steam table pans with pan release. Use 1 pan for 24-2 oz/48-1 oz servings and 4 pans for 96-2 oz/192-1 oz servings.
Butter, unsalted	4 oz		1 lb		2. Melt butter. Set aside and allow to cool slightly.
Oats, old fashioned	1 lb 8 oz		6 lbs		3. Place oats, baking powder, cinnamon, and salt in a large bowl. Whisk to combine.
Baking powder		1 Tbsp + 1 tsp		1/4 cup + 1 Tbsp + 1 tsp	
Cinnamon, ground		1 Tbsp + 1 tsp		1/4 cup + 1 Tbsp + 1 tsp	
Salt		1/2 tsp		2 tsp	



Bananas, fresh, ripe, mashed		2 cups		2 quart	4. In another bowl, mash bananas. Add eggs, brown sugar, melted butter, and vanilla. Whisk to combine.
Eggs, liquid or large	8 oz	4 each	2 lb	16 each	
Sugar, brown, packed		1/2 cup		2 cup	
Vanilla extract		1 Tbsp		1/4 cup	
Milk, low-fat		1/2 gallon		2 gallon	5. Slowly add milk to wet ingredients, whisking to combine.
Chocolate chips, semi-sweet		1 1/2 cups		6 cups	6. Add wet ingredients to dry ingredients, and use a spatula to combine. Fold in chocolate chips.
Yogurt, 4 oz cups, assorted flavors		24 or 48 each		96 or 192 each	
					7. Pour mixture into the prepared pan(s). Make sure the liquid and oats are evenly distributed in each pan. Bake for 35-40 minutes or until oats are set and top is golden brown.
					CCP: No bare hand contact with ready to eat food.
					8. For 2 oz eq grain servings, cut each pan into 24 pieces. With pan horizontal, make one cut down center of pan. Then cut each half into thirds. Turn pan vertically. Make one cut down center, then cut each half in half. Serve with 4 oz yogurt cup.



					9. For 1 oz eq grain servings, cut each pan into 48 pieces. With pan horizontal, make one cut down center of pan. Then cut each half in half, and then each quarter in half one more time. Turn pan vertically. Make one cut down center, then cut each half into thirds. Serve with 4 oz yogurt cup.
					CCP: Hold and serve at 135° F or above.

Notes:	Serving:
<p>1 lb 9 oz AP bananas (100-120 count) or ~4 bananas or 2 cups mashed.</p> <p>3 lbs 2 oz AP bananas (100-120 count) or ~8 bananas or 1 quart mashed.</p> <p>6 lbs 4 oz AP bananas (100-120 count) or ~16 bananas or 2 quarts mashed.</p>	<p>If cut into 24 pieces, each serving provides 2 oz eq WGR grain. If cut into 48 pieces, each serving provides 1 oz eq WGR grain. Yogurt cup provides 1 oz m/ma.</p>

Portion Size	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
1 oz grain eq	245 kcal	4.68 g	2.81 g	28.10 mg	131.41 mg	35.58 g	1.86 g	23.03 g	15.22 g
2 oz grain eq	390 kcal	9.35 g	5.62 g	51.21 mg	217.81 mg	57.18 g	3.72 g	33.06 g	20.44 g

Nutrients generated with NUTRIKIDS® Menu Planning and Nutritional Analysis software and should not be used medical conditions or food allergies.