



Loaf – Oatmeal Fruit

Makes: 50 + child servings [4 loaves (40 slices)]

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
5 cups	fruit, dried OR berries, fresh or frozen	1.25 L
1 cup	water, warm	250 mL
6 cups	whole wheat flour	1.5 L
4 tsp	baking powder	20 mL
1 cup	brown sugar	250 mL
1 ½ cups	vegetable oil	375 mL
6 cups	large flake oats	1.5 L
1 cup	molasses	250 mL
6	eggs, beaten	6
3 cups	milk	750 mL

Instructions

1. Preheat oven to 350°F (180°C).
2. If using dried fruit, place in food processor with warm water. Allow to sit for 5 minutes (to soften). Purée for 5 – 10 seconds (until fruit is broken into small bits). *If using fresh or frozen berries, eliminate Step 2 and fold berries into batter just before pouring into loaf pans.*
3. In a large bowl, combine flour, baking powder, oats, and sugar.
4. In another bowl, combine oil, eggs, milk, and molasses.
5. Add flour mixture to dry ingredients. Stir until just combined. Fold in fruit.
6. Line four 8 ½ inch X 4 inch (1.5 L) rectangular loaf pans with parchment paper. Allow paper to hang over the edge of the pan on two sides for ease of removal.
7. Divide batter and press into pans with a fork.

8. Bake for 45 – 50 minutes until top is golden.

Note 1: Divide each loaf into 10 equal slices. Extra loaf can be frozen.

Note 2: Nutrition Information is on Page 2.

Nutrition Information	
Serving ½ Loaf slice (50 g)	
Calories	150
Fat	4.5 g
	Saturated 0.5 g + Trans 0 g
Sodium	70 mg
Carbohydrates	27 g
	Fibre 2 g Sugars 11 g
Protein	4 g
	Calcium 90 mg Iron 1.5 mg

Food Guide Servings	
½ Vegetable & Fruit ½ Grain Product	