| Station | Recipe Number | Barcode | Short Name | Icon | Price | Packaging Manufacturer Number | Label Type |
|---|---|---|---|---|---|---|---|
| Breakfast Bowls | 104877 | 886721690696 | Acai Smoothie Bowl with Flax Seeds | EW, V | $0.00 | TS12RSN | Rectangle |
| Breakfast Bowls | 107421 | 886721910862 | Citrus Strawberry Chia Bowl with Honey Walnut Granola | V | $0.00 | TS12RSN | Rectangle |
| Breakfast Bowls | 107430 | 886721925811 | Matcha Smoothie Bowl with Almonds | EW, V | $0.00 | TS12RSN | Rectangle |
| Breakfast Bowls | 107427 | 886721937081 | Muesli Bowl with Greek Yogurt and Honey | V | $0.00 | TS12RSN | Rectangle |
| Breakfast Bowls | 107425 | 886721925859 | Protein Smoothie Bowl with Greek Yogurt | V | $0.00 | TS12RSN | Rectangle |
| Breakfast Bowls | 104878 | 886721691983 | Quinoa Breakfast Bowl with Banana, Blueberries, Strawberries & Almonds | V | $0.00 | TS12RSN | Rectangle |
| Breakfast Bowls | 107432 | 886721915836 | Turmeric Smoothie Bowl with Coconut | V | $0.00 | TS12RSN | Rectangle |

# *CulinArt Acai Smoothie Bowl with Flax Seeds (104877)*

Revision Date: Feb 8, 2019

Category: Breakfast

Production Area: Cold Prep
Source: CulinArt

**Prep Time: 5 mins**

**Minimum Batch:**

**Portion: 1 serving**

**Maximum Production:**

(*) Indicates servings have been adjusted in accordance with assigned batch sizes.

| Step | Ingredients | | 1 Servings | 25 Servings | 50 Servings |
|---|---|---|---|---|---|
| **1** | Acai Puree (100938) | AP | 3 oz | 4 lb, 11 oz | 9 lb, 8 oz |
| | Banana, Fresh, Sliced (374) | EP | 1/2 ea | 12-1/2 ea | 25 ea |
| | Almond Milk, Unsweetened (68320) | AP | 1/2 cup | 3 qt, 1/2 cup | 1 gal, 2 qt, 1 cup |
| | Fat Free Greek Yogurt (89422) | AP | 2 oz | 3 lb, 2 oz | 6 lb, 4 oz |
| | Pineapple, Fresh, Small Diced 1/4" (16477) | EP | 2 oz | 3 lb, 2 oz | 6 lb, 4 oz |
| | Fresh Blueberries (7799) | EP | 1-1/2 oz | 2 lb, 5-1/2 oz | 4 lb, 11 oz |
| | Fresh Raspberries (7811) | EP | 1-1/2 oz | 2 lb, 5-1/2 oz | 4 lb, 11 oz |
| | Whole Golden Flax Seeds (11088) | AP | 1 tbsp | 1-1/2 cup, 1 tbsp | 3 cup, 2 tbsp |

| Step | Method |
|---|---|
| 1 | Refer to HACCP Plan Form HFS# 005: Prepared Cold for Cold Storage.<br>Refer to HACCP Plan Form HFS# 004: Prepared Cold for Cold Service.<br><br>In a blender, combine Greek yogurt, acai puree, sliced bananas, almond milk and pineapple.<br>Blend on high speed until consistency is smooth. Transfer smoothie into a bowl. Sprinkle top of the bowl with blueberries, raspberries, and flax seeds (golden or brown).<br>For Quik Pik: Assemble Smoothie Bowls in plastic containers. Place cover and label on. Hold at or below 41 degrees F. |

**Recipe Notes:**

**Day (s) In Menu:**

Every Day Day 1

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# *CulinArt Citrus Strawberry Chia Bowl with Honey Walnut Granola (107421)*

Revision Date: Feb 8, 2019

Category: Breakfast

Production Area: Cold Prep
Source: CulinArt

**Prep Time: 5 mins**

**Minimum Batch:**

**Portion: 1 serving**

**Maximum Production:**

(*) Indicates servings have been adjusted in accordance with assigned batch sizes.

| Step | Ingredients | 1 Servings | 25 Servings | 50 Servings |
|---|---|---|---|---|
| **1** | CulinArt Citrus Strawberry Compote (104717) | 1/2 oz | 12-1/2 oz | 1 lb, 9 oz |
| | CulinArt Honey Walnut Granola (107422) | 4 oz | 6 lb, 4 oz | 12 lb, 8 oz |
| | CulinArt Coconut Chia (107424) | 1-1/2 oz | 2 lb, 5-1/2 oz | 4 lb, 11 oz |
| | Coconut Milk (101081) AP | 1/2 cup | 3 qt, 1/2 cup | 1 gal, 2 qt, 1 cup |

| Step | Method |
|---|---|
| 1 | Refer to HACCP Plan Form HFS# 005: Prepared Cold for Cold Storage.<br>Refer to HACCP Plan Form HFS# 004: Prepared Cold for Cold Service.<br>Prepare Citrus Strawberry Compote according to recipe.<br>Prepare Honey Walnut Granola according to recipe.<br>Prepare Coconut Chia according to recipe.<br>Pour coconut milk in bowl. Mound separately the coconut chia, berry compote, and granola on top of the coconut milk for service. Serve immediately.<br>For Quik Pik: Assemble Smoothie Bowls in plastic containers. Place cover and label on. Hold at or below 41 degrees F. |

**Recipe Notes:**

**Day (s) In Menu:**

Every Day Day 1

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# *CulinArt Matcha Smoothie Bowl with Almonds (107430)*

Revision Date: Feb 8, 2019

Category: Breakfast

Production Area: Cold Prep
Source: CulinArt

**Prep Time: 5 mins**

**Minimum Batch:**

**Portion: 1 serving**

**Maximum Production:**

(*) Indicates servings have been adjusted in accordance with assigned batch sizes.

| Step | Ingredients | | 1 Servings | 25 Servings | 50 Servings |
|---|---|---|---|---|---|
| **1** | Soy Milk, Plain (8230) | AP | 1/2 cup | 3 qt, 1/2 cup | 1 gal, 2 qt, 1 cup |
| | Banana, Fresh, Sliced (374) | EP | 1 ea | 25 ea | 50 ea |
| | 2% Greek Yogurt (86826) | AP | 2 oz | 3 lb, 2 oz | 6 lb, 4 oz |
| | Ginger Root, Fresh, Minced (3070) | EP | 1/2 tsp | 1/4 cup, 1/2 tsp | 1/2 cup, 1 tsp |
| | Matcha Green Tea Powder (33925) | AP | 1 tsp | 1/2 cup, 1 tsp | 1 cup, 2 tsp |
| | Fresh Blackberries (7800) | EP | 1-1/2 oz | 2 lb, 5-1/2 oz | 4 lb, 11 oz |
| | Fresh Raspberries (7811) | EP | 1-1/2 oz | 2 lb, 5-1/2 oz | 4 lb, 11 oz |
| | Almonds, Chopped (46) | AP | 1 oz | 1 lb, 9 oz | 3 lb, 2 oz |

| Step | Method |
|---|---|
| 1 | Refer to HACCP Plan Form HFS# 004: Prepared Cold for Cold Service.<br><br>Combine Greek yogurt, soy milk, banana, ginger, and matcha in blender. Blend on high speed until consistency is smooth.<br>Transfer smoothie into a bowl. Sprinkle top of bowl with blackberries, raspberries, and almonds.<br>For Quik Pik: Assemble Smoothie Bowls in plastic containers. Place cover and label on. Hold at or below 41 degrees F. |

**Recipe Notes:**

**Day (s) In Menu:**

Every Day Day 1

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# *CulinArt Muesli Bowl with Greek Yogurt and Honey (107427)*

Revision Date: Feb 8, 2019

Category: Breakfast

Production Area: Cold Prep
Source: CulinArt

**Prep Time: 5 mins**

**Minimum Batch:**

**Portion: 1 serving**

**Maximum Production:**

(*) Indicates servings have been adjusted in accordance with assigned batch sizes.

| Step | Ingredients | | 1 Servings | 25 Servings | 50 Servings |
|---|---|---|---|---|---|
| **1** | CulinArt Nutritious Muesli (107428) | | 3 oz | 4 lb, 11 oz | 9 lb, 8 oz |
| | Almond Milk, Unsweetened (68320) | AP | 2/3 cup | 1 gal, 3/4 cup | 2 gal, 1-1/4 cup |
| | Blackberries, Frozen IQF (957) | AP | 1/2 cup | 3 qt, 1/2 cup | 1 gal, 2 qt, 1 cup |
| | 2% Greek Yogurt (86826) | AP | 4 oz | 6 lb, 4 oz | 12 lb, 8 oz |
| | Honey (3190) | AP | 1 tsp | 1/2 cup, 1 tsp | 1 cup, 2 tsp |

| Step | Method |
|---|---|
| 1 | Refer to HACCP Plan Form HFS# 005: Prepared Cold for Cold Storage.<br>Refer to HACCP Plan Form HFS# 004: Prepared Cold for Cold Service.<br>Prepare Nutritious Muesli according to recipe.<br>Place muesli and almond milk in bowl, for service. Top with blackberries, yogurt, and honey.<br>Serve Immediately.<br>For Quik Pik: Assemble Smoothie Bowls in plastic containers. Place cover and label on. Hold at or below 41 degrees F. |

**Recipe Notes:**

**Day (s) In Menu:**

Every Day Day 1

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# *CulinArt Protein Smoothie Bowl with Greek Yogurt (107425)*

Revision Date: Feb 8, 2019

Category: Breakfast

Production Area: Cold Prep
Source: CulinArt

**Prep Time: 5 mins**

**Minimum Batch:**

**Portion: 1 serving**

**Maximum Production:**

(*) Indicates servings have been adjusted in accordance with assigned batch sizes.

| Step | Ingredients | | 1 Servings | 25 Servings | 50 Servings |
|---|---|---|---|---|---|
| **1** | 2% Greek Yogurt (86826) | AP | 6 oz | 9 lb, 8 oz | 18 lb, 12 oz |
| | Creamy Peanut Butter (4398) | AP | 2 tbsp | 3 cup, 2 tbsp | 1 qt, 2-1/4 cup |
| | Soy Milk, Plain (8230) | AP | 2 oz | 3 lb, 2 oz | 6 lb, 4 oz |
| | Pineapple, Fresh (6994) | EP | 1/2 cup | 3 qt, 1/2 cup | 1 gal, 2 qt, 1 cup |
| | Banana, Fresh, Sliced (374) | EP | 1 ea | 25 ea | 50 ea |
| | Almonds, Chopped (46) | AP | 1 tbsp, 1-1/2 tsp | 2-1/3 cup, 1/2 tsp | 1 qt, 2/3 cup |
| | Honey (3190) | AP | 1 tsp | 1/2 cup, 1 tsp | 1 cup, 2 tsp |
| | Cacao Nibs (84816) | AP | 1 tsp | 1/2 cup, 1 tsp | 1 cup, 2 tsp |

| Step | Method |
|---|---|
| 1 | Refer to HACCP Plan Form HFS# 004: Prepared Cold for Cold Service.<br>Refer to HACCP Plan Form HFS# 005: Prepared Cold for Cold Storage.<br>Combine Greek yogurt, peanut butter, soy milk, honey, pineapple and 1/2 of the banana into a blender. Blend on high speed until consistency is smooth.<br>Transfer smoothie into a bowl. Sprinkle top of bowl with almonds, cocoa nibs and remaining banana.<br>For Quik Pik: Assemble Smoothie Bowls in plastic containers. Place cover and label on. Hold at or below 41 degrees F. |

**Recipe Notes:**

**Day (s) In Menu:**

Every Day Day 1

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# *CulinArt Quinoa Breakfast Bowl with Banana, Blueberries, Strawberries & Almonds (104878)*

Revision Date: Feb 8, 2019

Category: Breakfast

Production Area: Cold Prep
Source: CulinArt

**Prep Time: 5 mins**

**Minimum Batch:**

**Portion: 1 serving**

**Maximum Production:**

(*) Indicates servings have been adjusted in accordance with assigned batch sizes.

| Step | Ingredients | | 1 Servings | 25 Servings | 50 Servings |
|---|---|---|---|---|---|
| **1** | CulinArt Honey Quinoa (104876) | | 3 oz | 4 lb, 11 oz | 9 lb, 8 oz |
| | Almond Milk, Unsweetened (68320) | AP | 2/3 cup | 1 gal, 3/4 cup | 2 gal, 1-1/4 cup |
| | Banana, Fresh, Sliced (374) | EP | 1/2 ea | 12-1/2 ea | 25 ea |
| | Fresh Blueberries (7799) | EP | 1/2 cup | 3 qt, 1/2 cup | 1 gal, 2 qt, 1 cup |
| | Almonds, Chopped (46) | AP | 1 tbsp | 1-1/2 cup, 1 tbsp | 3 cup, 2 tbsp |
| | Strawberries, Fresh, Capped, 1/4" Sliced (7480) | EP | 1-1/2 oz | 2 lb, 5-1/2 oz | 4 lb, 11 oz |

| Step | Method |
|---|---|
| 1 | Refer to HACCP Plan Form HFS# 005: Prepared Cold for Cold Storage.<br>Refer to HACCP Plan Form HFS# 004: Prepared Cold for Cold Service.<br>Cut 1/2 of a banana into 1/4" slices.<br>Place almond milk in bowl.<br>Mound separately the quinoa, banana, blueberries, and strawberries on top of the almond milk.<br>For Quik Pik: Assemble Smoothie Bowls in plastic containers. Place cover and label on. Hold at or below 41 degrees F. |

**Recipe Notes:**

**Day (s) In Menu:**

Every Day Day 1

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# *CulinArt Turmeric Smoothie Bowl with Coconut (107432)*

Revision Date: Feb 8, 2019

Category: Breakfast

Production Area: Cold Prep
Source: CulinArt

**Prep Time: 5 mins**

**Minimum Batch:**

**Portion: 1 serving**

**Maximum Production:**

(*) Indicates servings have been adjusted in accordance with assigned batch sizes.

| Step | Ingredients | | 1 Servings | 25 Servings | 50 Servings |
|---|---|---|---|---|---|
| **1** | Water, Coconut, Zico, 11.2 oz, PC (75511) | | 1/4 cup | 1 qt, 2-1/4 cup | 3 qt, 1/2 cup |
| | Banana (356) | EP | 1 ea | 25 ea | 50 ea |
| | Quick Oatmeal Cereal, Dry (1464) | AP | 1/3 cup | 2 qt, 1/4 cup, 1 tbsp | 1 gal, 3/4 cup |
| | Ginger Root, Fresh, Minced (3070) | EP | 1 tsp | 1/2 cup, 1 tsp | 1 cup, 2 tsp |
| | Turmeric (7421) | AP | 1 tsp | 1/2 cup, 1 tsp | 1 cup, 2 tsp |
| | 2% Greek Yogurt (86826) | AP | 2 oz | 3 lb, 2 oz | 6 lb, 4 oz |
| | Mango, Fresh, Peeled, Diced (3748) | EP | 3-1/2 oz | 5 lb, 8 oz | 11 lb |
| | Strawberries, Fresh, Capped, Sliced (7479) | EP | 1-1/2 oz | 2 lb, 5-1/2 oz | 4 lb, 11 oz |
| | Unsweetened Coconut (51405) | AP | 1 tbsp | 1-1/2 cup, 1 tbsp | 3 cup, 2 tbsp |
| | Coconut Milk (101081) | AP | 1/2 cup | 3 qt, 1/2 cup | 1 gal, 2 qt, 1 cup |

| Step | Method |
|---|---|
| 1 | Refer to HACCP Plan Form HFS# 004: Prepared Cold for Cold Service.<br>Combine Greek yogurt, coconut milk, coconut water, banana, oats, ginger, turmeric, and 2oz mango in a blender. Blend on high speed until consistency is smooth.<br>Transfer smoothie into a bowl. Sprinkle the smoothie bowl with the remaining mango, strawberries, and shaved coconut.<br>For Quik Pik: Assemble Smoothie Bowls in plastic containers. Place cover and label on. Hold at or below 41 degrees F. |

**Recipe Notes:**

**Day (s) In Menu:**

Every Day Day 1

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# CulinArt Citrus Strawberry Compote (104717)

Revision Date: Sep 5, 2017

Citrus Strawberry Compote

| Sub Recipe For | | | |
|---|---|---|---|
| CulinArt Citrus Strawberry Chia Bowl with Honey Walnut Granola (107421) | **1 Servings**<br>1/2 oz | **25 Servings**<br>12-1/2 oz | **50 Servings**<br>1 lb, 9 oz |

Category: Accompany

Production Area: Hot Side

Source: CulinArt

**Prep Time: 10 mins**

**Minimum Batch:**

**Portion: 1 oz (p)**

**Cook Time: 20 mins**

**Maximum Production:**

(*) Indicates servings have been adjusted in accordance with assigned batch sizes.

| Step | Ingredients | | 1 Servings | 8 Servings | 16 Servings |
|---|---|---|---|---|---|
| **1** | Orange, 113 Count (53654) | EP | <1/4 ea | 1/4 ea | 3/4 ea |
| | Fresh Lemon (3783) | EP | <1/4 ea | 1/4 ea | 3/4 ea |
| **2** | Strawberries, Fresh, Capped, Halved (7478) | EP | 2 tbsp, 1-3/4 tsp | 1-1/4 cup, 1-1/2 tsp | 2-1/2 cup, 1 tbsp |
| | Fresh Blueberries (7799) | EP | 2 tsp | 1/4 cup, 1 tbsp, 1/4 tsp | 1/2 cup, 2 tbsp, 3/4 tsp |
| | Water (7641) | AP | 1/2 tsp | 1 tbsp, 3/4 tsp | 2 tbsp, 1-3/4 tsp |
| | Granulated Sugar (7493) | AP | 1 tsp | 2 tbsp, 1-3/4 tsp | 1/4 cup, 1 tbsp, 1/4 tsp |

| Step | Method |
|---|---|
| 1 | Refer to HACCP Plan Form HFS# 003: Prepared Hot, Chilled for Cold Service.<br>Refer to HACCP Plan Form HFS# 002: Prepared Hot, Chilled for Cold Storage.<br>Zest the lemon and orange.<br>Using the same lemon and orange, juice each fruit. |
| 2 | Cut the blueberries in half, then combine all ingredients in a medium saute pan.<br>Bring to a boil then lower to a simmer.<br>Allow mixture to simmer for 15-17 minutes or until mixture thickens and develops a syrup like consistency.<br>Remove from stove and chill compote immediately in an ice bath.<br>Hold compote at or below 41 degrees F for service.<br>Portion Size: 1oz. |

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# CulinArt Coconut Chia (107424)

Revision Date: Jan 2, 2018

Coconut Chia

| Sub Recipe For | | | |
|---|---|---|---|
| CulinArt Citrus Strawberry Chia Bowl with Honey Walnut Granola (107421) | **1 Servings**<br>1-1/2 oz | **25 Servings**<br>2 lb, 5-1/2 oz | **50 Servings**<br>4 lb, 11 oz |

Category: Breakfast

Production Area: Cold Prep

Source: CulinArt

**Prep Time: 999 mins**

**Minimum Batch:**

**Portion: 1-1/2 oz (p)**

**Maximum Production:**

(*) Indicates servings have been adjusted in accordance with assigned batch sizes.

| Step | Ingredients | | 1 Servings | 25 Servings | 49 Servings |
|---|---|---|---|---|---|
| **1** | Chia Seeds (69682) | AP | 2-3/4 tsp | 1-1/3 cup, 2-3/4 tsp | 2-2/3 cup, 2-3/4 tsp |
| | Water, Coconut, Zico, 11.2 oz, PC (75511) | | 1-1/8 oz | 1 lb, 11 oz | 3 lb, 5 oz |

| Step | Method |
|---|---|
| 1 | Refer to HACCP Plan Form HFS# 005: Prepared Cold for Cold Storage.<br>Refer to HACCP Plan Form HFS# 004: Prepared Cold for Cold Service.<br>Combine coconut water and chia seeds in a container. Hold at or below 41 degrees F overnight.<br>The mixture will become very thick.<br>Hold refrigerated for service. Stir to a smooth consistency when portioning.<br>For storage, hold at or below 41 degrees F.<br>Portion Size: 3 TBS (1.5oz portion.) |

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# CulinArt Honey Quinoa (104876)

Revision Date: Nov 1, 2018

Honey Quinoa

| Sub Recipe For | | | |
|---|---|---|---|
| CulinArt Quinoa Breakfast Bowl with Banana, Blueberries, Strawberries & Almonds (104878) | **1 Servings**<br>3 oz | **25 Servings**<br>4 lb, 11 oz | **50 Servings**<br>9 lb, 8 oz |

Category: Starch/Grain

Production Area: Hot Side

Source: CulinArt

**Prep Time: 5 mins**

**Minimum Batch:**

**Portion: 1/2 cup**

**Cook Time: 20 mins**

**Maximum Production:**

(*) Indicates servings have been adjusted in accordance with assigned batch sizes.

| Step | Ingredients | | 1 Servings | 17 Servings | 34 Servings |
|---|---|---|---|---|---|
| **1** | Ingredient: Quinoa, Red, Cooked (73825.1) | | 3/4 cup | 3 qt, 3/4 cup | 1 gal, 2 qt, 1-1/2 cup |
| | Honey (3190) | AP | 1 tbsp | 1 cup, 1 tbsp | 2 cup, 2 tbsp |
| | Orange Zest, Fresh (74844) | AP | 1/2 tsp | 2 tbsp, 1/2 tsp | 1/4 cup, 3/4 tsp |
| | Ground Nutmeg (7381) | AP | 1/8 tsp | 1-1/8 tsp | 2-1/8 tsp |
| | Ground Cinnamon (7359) | AP | 1/8 tsp | 2-1/8 tsp | 1 tbsp, 1-1/4 tsp |

| Step | Method |
|---|---|
| 1 | Refer to HACCP Plan Form HFS# 003: Prepared Hot, Chilled for Cold Service.<br>Refer to HACCP Plan Form HFS# 002: Prepared Hot, Chilled for Cold Storage.<br>Cook quinoa according to recipe.<br>Combine the cooked quinoa with honey, orange zest, nutmeg, and cinnamon. Mix well.<br>Hold at or below 41 degrees F for service.<br>Portion Size: 6oz. |

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# CulinArt Honey Walnut Granola (107422)

Revision Date: Jan 2, 2018

Honey Walnut Granola

| Sub Recipe For | | | |
|---|---|---|---|
| CulinArt Citrus Strawberry Chia Bowl with Honey Walnut Granola (107421) | **1 Servings**<br>4 oz | **25 Servings**<br>6 lb, 4 oz | **50 Servings**<br>12 lb, 8 oz |

Category: Breakfast

Production Area: Hot Side

Source: CulinArt

**Prep Time: 10 mins**

**Minimum Batch:**

**Portion: 4 oz (p)**

**Cook Time: 60 mins**

**Maximum Production:**

(*) Indicates servings have been adjusted in accordance with assigned batch sizes.

| Step | Ingredients | | 1 Servings | 24 Servings | 47 Servings |
|---|---|---|---|---|---|
| **1** | Light Brown Sugar (7492) | AP | 1 tbsp, 1-1/2 tsp | 2-1/4 cup | 1 qt, 1/3 cup, 2 tbsp |
| | Honey (3190) | AP | 1 tbsp | 1-1/2 cup | 2-3/4 cup, 3 tbsp |
| | Water (7641) | AP | 1-1/2 tsp | 3/4 cup | 1-1/3 cup, 2 tbsp, 1/2 tsp |
| | Egg, Fresh Separated, White Only (12108) | AP | 1/4 oz | 6 oz | 12 oz |
| | Imitation Vanilla Extract (2543) | AP | 1/2 tsp | 3 tbsp | 1/3 cup, 1-3/4 tsp |
| | Kosher Salt (7411) | AP | <1/8 tsp | 1/2 tsp | 3/4 tsp |
| | Quick Oatmeal Cereal, Dry (1464) | AP | 1/3 cup, 2 tsp | 2 qt, 1 cup | 1 gal, 1-3/4 cup |
| | Walnut Halves & Pieces, Chopped (4211) | AP | 2 tbsp | 3 cup | 1 qt, 1-3/4 cup, 2 tbsp |
| **2** | Cranberries, Dried (1906) | AP | 2 tbsp | 3 cup | 1 qt, 1-3/4 cup, 2 tbsp |

| Step | Method |
|---|---|
| 1 | Refer to HACCP Plan Form HFS# 002: Prepared Hot, Chilled for Cold Storage.<br>Refer to HACCP Plan Form HFS# 001: Prepared Hot for Hot Service.<br>Preheat oven to 275 degrees F.<br>In a medium pot, combine sugar, honey, water, and vanilla. Bring to a boil.<br>Cool liquid.<br>In a stainless steel bowl whisk in egg whites until frothy. In a large bowl, combine oats, walnuts, salt, liquid and egg whites. Toss until fully combined. Mixture should be wet. |
| 2 | Spray a large sheet tray with canola oil. Place granola mixture on sheet tray and bake in oven for 20 minutes. Remove from oven, stir around and rotate mixture. Place sheet tray back on oven for 20 minutes; repeat this step until granola becomes golden brown in color and oats are cooked fully.<br>Turn off oven and let granola sit in the over with oven door cracked open for at least an hour.<br>This will ensure the granola develops a crunchy texture.<br>Remove from oven. Mix in cranberries and store granola in dry storage area for service.<br>Store at or below 41 degrees F.<br>Portion Size: 4oz. |

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# CulinArt Nutritious Muesli (107428)

Revision Date: Nov 1, 2018

Nutritious Muesli

| Sub Recipe For | | | |
|---|---|---|---|
| CulinArt Muesli Bowl with Greek Yogurt and Honey (107427) | **1 Servings**<br>3 oz | **25 Servings**<br>4 lb, 11 oz | **50 Servings**<br>9 lb, 8 oz |

Category: Accompany

Production Area: Cold Prep

Source: CulinArt

**Prep Time: 5 mins**

**Minimum Batch:**

**Portion: 1/2 cup**

**Maximum Production:**

(*) Indicates servings have been adjusted in accordance with assigned batch sizes.

| Step | Ingredients | | 1 Servings | 24 Servings | 48 Servings |
|---|---|---|---|---|---|
| **1** | Almonds, Chopped (46) | AP | 1 tbsp, 1 tsp | 2 cup | 1 qt |
| | Pumpkin Seeds, Hulled (7403) | AP | 1 tbsp, 1 tsp | 2 cup | 1 qt |
| | Walnut Halves & Pieces, Chopped (4211) | AP | 1 tbsp, 1 tsp | 2 cup | 1 qt |
| | Sunflower Seeds, Unsalted, Roasted (4169) | AP | 2 tsp | 1 cup | 2 cup |
| | Whole Brown Flax Seeds (11091) | AP | 1 tsp | 1/2 cup | 1 cup |
| | Golden Raisins (7109) | AP | 1 tbsp, 1 tsp | 2 cup | 1 qt |
| | Unsweetened Coconut (51405) | AP | 1 tsp | 1/2 cup | 1 cup |
| | Ground Cinnamon (7359) | AP | 1/8 tsp | 2 tsp | 1 tbsp, 1 tsp |
| | Imitation Vanilla Extract (2543) | AP | 1/8 tsp | 2 tsp | 1 tbsp, 1 tsp |
| | Dark Brown Sugar (7491) | AP | 1/4 tsp | 2 tbsp | 1/4 cup |
| | Ground Nutmeg (7381) | AP | <1/8 tsp | 1/8 tsp | 1/4 tsp |
| | Kosher Salt (7411) | AP | <1/8 tsp | 1 tsp | 2 tsp |
| | Quick Oatmeal Cereal, Dry (1464) | AP | 1/4 cup | 1 qt, 2 cup | 3 qt |
| | Cranberries, Dried (1906) | AP | 2 tsp | 1 cup | 2 cup |

| Step | Method |
|---|---|
| 1 | Refer to HACCP Plan Form HFS# 007: Non-Refrigerated Mixes.<br>Coarsely chop the dried cranberries into small pieces.In a large bowl, combine all ingredients. Stir until everything is evenly distributed within the mix.<br>Store in a dry area in and airtight container for service.<br>Portion Size: 3oz. |

**Recipe Notes:**

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# Ingredient: Quinoa, Red, Cooked (73825.1)

Revision Date: Jul 20, 2018

Cooked Red Quinoa

| Sub Recipe For | | | |
|---|---|---|---|
| CulinArt Honey Quinoa (104876) | **1 Servings**<br>3/4 cup | **17 Servings**<br>3 qt, 3/4 cup | **34 Servings**<br>1 gal, 2 qt, 1-1/2 cup |

Category: Starch/Grain-Rice

Production Area: Hot Side

Source: Bon Appetit

**Prep Time: 2 mins**

**Minimum Batch:**

**Portion: 1/4 cup**

**Cook Time: 20 mins**

**Maximum Production:**

(*) Indicates servings have been adjusted in accordance with assigned batch sizes.

| Step | Ingredients | | 3 Servings | 51 Servings | 102 Servings |
|---|---|---|---|---|---|
| **1** | Red Quinoa, Dry (9597) | AP | 1-3/4 oz | 1 lb, 13 oz | 3 lb, 10 oz |
| | Tap Water (7644) | AP | 3/4 cup, 1 tbsp, 2-1/8 tsp | 3 qt, 2-1/2 cup, 1 tbsp | 1 gal, 3 qt, 1-1/4 cup |

| Step | Method |
|---|---|
| 1 | Refer to HACCP Plan Form HFS# 003: Prepared Hot, Chilled for Cold Service.<br>Place quinoa in a pot with water and bring to a boil; lower heat to simmer and cook until tender and outer ring is visible, about 15 - 20 minutes. Drain and chill. Portion Size: 1/4 cup. Hold Cold for Cold Service. |

**Recipe Notes:**

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