



## Vegan Lemon Blueberry Breakfast Bar

Deliciously wholesome breakfast bar featuring local lemons and fresh blueberries.

**Recipe Project Name:** Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development  
*California Department of Education*

**Preparation Time:** 30 minutes

**Cook Time:** 30 minutes

**NSLP/SBP crediting information:** 1 bar provides 1 oz eq grains.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
All-purpose flour, enriched, divided	3 lb 6 oz	3 qt ¾ cup	6 lb 12 oz	1 gal 2 qt 1 ½ cups	<ol style="list-style-type: none"> <li>1. Preheat convection oven to 350 °F on high fan or conventional oven to 375 °F. Place parchment paper on steam table/hotel pans and lightly grease.  For 50 servings, use, 2 full size 4” pans. For 100 servings, use 4 full size 4” pans.</li> <li>2. In a large mixing bowl, mix all-purpose flour and white whole-wheat flour.  For 50 servings, use 10 cups of all-purpose flour and 10 cups of white whole-wheat flour and mix in an 8-quart mixing bowl.</li> </ol>
White whole-wheat flour, divided	3 lb 6 oz	3 qt ¾ cup	6 lb 12 oz	1 gal 2 qt 1 ½ cups	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<p>For 100 servings, use 20 cups of all-purpose flour and 20 cups of white whole-wheat flour and mix in a 16-quart mixing bowl.</p> <p>Place the rest of the flour aside for the crumble topping.</p>
Baking powder		⅜ cup		¾ cup	<p><b>3.</b> Add the baking powder and baking soda to the bowl. Mix to combine and set aside.</p>
Baking soda		2 Tbsp		¼ cup	
Grapeseed oil		2 cups		1 qt	<p><b>4.</b> In a separate large mixing bowl add grapeseed oil, applesauce, soy yogurt, lemon juice, agave syrup, and vanilla extract.</p> <p>For 50 servings, use 1 qt 2 cups of lemon juice, 2 tsp vanilla extract, and an 8-quart mixing bowl.</p> <p>For 100 servings, use 3 quarts of lemon juice, 1 Tbsp 1 tsp vanilla extract, and a 16-quart mixing bowl.</p> <p>Set aside the remaining lemon juice and vanilla. Use a whisk to combine the ingredients.</p>
Applesauce, unsweetened	13 ½ oz	1 ½ cups	1 lb 10 oz	3 cups	<p><b>5.</b> Add half of the flour mixture and fold gently using a spatula. Then add the remaining flour mixture and blueberries.</p>
Yogurt, soy, fresh, vanilla	12 oz	1 ½ cups	1 lb 8 oz	3 cups	<p><b>6.</b> Fold until 90% of the mixture is incorporated. Avoid overmixing. Pour batter evenly into steam table/hotel pans.</p>
*Lemon juice, fresh, divided		1 qt 2½ cups		3 qt 1 cup	<p><b>7.</b> In a medium mixing bowl prepare the crumble topping by adding cane sugar and melted butter to the remaining ingredients that were set aside</p>



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					(all-purpose flour, white whole-wheat flour, lemon juice, and vanilla extract). <b>8.</b> Mix ingredients together using a fork to create a sandy texture. Use a large spoon to distribute the topping evenly on top of the batter.
Agave syrup	3 lb	1 qt	6 lb	2 qt	<b>9.</b> Place pans in the oven; if using a convection oven, bake for 30-45 minutes and if using a conventional oven bake for 40-55 minutes. Check the batter with a toothpick; toothpick will come out clean when done. <b>10.</b> Let cool completely before removing from the pan. <b>11.</b> Cut into squares, 5 x 5 per pan, for a bar size of approximately 4" x 2 1/2" x 4". Serve 1 bar.
Vanilla extract, divided		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
*Blueberries, fresh	1 lb 14 oz	3 cups	3 lb 12 oz	1 qt 2 cups	
Cane sugar	13 1/2 oz	2 cups	1 lb 11 oz	1 qt	
Butter, vegan, melted	8 oz	1 cup	1 lb	2 cups	



**VEGAN LEMON BLUEBERRY BREAKFAST BAR NUTRITION INFORMATION**

For 1 bar (151 g)

**NUTRIENTS** **AMOUNT**  
**Calories** **458**

<b>Total Fat</b>	<b>12 g</b>
Saturated Fat	1 g
Cholesterol	0 g
<b>Sodium</b>	<b>191 mg</b>
<b>Total Carbohydrate</b>	<b>81 g</b>
Dietary Fiber	4 g
Total Sugars	29 g
Added Sugars included	N/A
<b>Protein</b>	<b>7 g</b>
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Vitamin A	208 IU
Vitamin C	18 mg
Vitamin D	N/A
Calcium	101 mg
Iron	2 mg
Potassium	N/A

N/A=data not available.

**SOURCE:**

FY 2021 Cohort A Team Nutrition Training Grant

**\*MARKETING GUIDE**

Food as Purchased for	50 Servings	100 Servings
Blueberries	1 lb 8 oz	3 lb
Lemons, Fresh	8 lb 11 oz	17 lb 6 oz

**NOTES**

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Category: main dish for breakfast, suitable for vegan diets

Cooking Process #3: Complex Food Preparation

Equipment Needed: 2 large mixing bowls, a medium mixing bowl, 2 full-size 4" steam table/hotel pans for 50 servings (or 4 pans for 100 servings), spatula, mixing spoon, fork, measuring cups and spoons, and whisk

The food safety temperatures are based on the FDA Food Code. Some information included may be different in your state. Always check with your local regulatory authority (health department) or sponsoring organization (sponsor) for guidance on current food safety requirements in your operation.

**YIELD/VOLUME**

50 Servings	100 Servings
50 Bars Approximately 4" x 2 ½" x 4" and 6.5 ounces each	100 Bars Approximately 4" x 2 ½" x 4" and 6.5 ounces each

