

Power Up Protein Clusters

These sweet, tasty no-bake breakfast clusters are loaded with dried fruit, roasted sunflower seeds, sunflower seed butter, toasted coconut, and rolled oats. Their rich flavor and sweetness is derived from 100% pureed fruit sweetener that eliminates the need for added sugar. Their sweetness is enhanced by dried fruit.

Preparation Time: 1 hour
Cook Time: None

NSLP/SNP crediting information:
Four 1-ounce balls provide 1 oz eq meat/meat alternate, 1.25 oz eq grains, and 1 3/4 cup fruit.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Water	1 lb 14 oz	3 3/4 cups	3 lb 12 oz	7 1/2 cups	1. Preheat oven to 300˚ F
Medjool dates, pitted	2lb 13oz	2 qt	5 lb 10 oz	1 gal	2. Toast coconut until golden brown.
					3. Boil water.
Flax seed, ground	5 oz	1 1/4 c	10 oz	2 1/2 cups	4. Place dates in a hotel pan or bowl. Pour boiling water over dates and stir. Let sit for 10 minutes.
Sunflower butter, unsweetened	2 lb 13 oz	5 2/3 cups	5lbs 10oz	11 1/4 cups	5. In a blender, puree the date and water mixture until smooth. Transfer to the bowl of a stand mixer. Mix using a paddle attachment for 1 minute.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Vanilla extract, pure	1 3/4 oz	3 Tbsp 1 tsp	3.5 oz	2/3 cup 2 tsp	Add ground flax seed, sunflower butter, and vanilla extract to the bowl. Mix for 2 minutes or until well combined, scraping the sides of the bowl as necessary.
Coconut, flake, unsweetened, divided	1 lb 10 oz	9 cups 2 tbsp 2 tsp	3 lb 4 oz	10 1/3 cups	**6.** Add 2 1/2 cups (5 oz) for 50 servings and 5 cups (10 oz) for 100 servings of toasted coconut to sunflower butter mixture, reserving the remaining coconut flakes for step 9.
Oats, rolled, dry	2 lb 5oz	2 qt 2 1/2 cups	4lb 10oz	1 gal 1 qt 1 cup	**7.** Add oats, dried apple, raisins, sunflower seeds, and salt to sunflower butter mixture. Run mixer on low for 2 minutes or until well combined, scraping the bottom and sides as necessary. The mixture will be very thick and sticky.
Apple, dried, small pieces	10 oz	1 qt 1/2 cup	1 lb 4 oz	2 qt 1 cup	**8.** Using a #40 scoop, scoop the mixture into balls and roll each ball in toasted coconut until covered. After rolling, transfer balls to a parchment paper-lined sheet pan.
Raisins	1lb 8 oz	3 3/4 cups	3 lb.	7 1/2 cups	**9.** Place finished balls in the refrigerator for at least 30 minutes before serving.
Sunflower seeds, toasted, unsalted	5 oz	1 cup	10 oz	2 cups	
Salt, granulated		2 1/2 tsp		5 tsp	

NUTRITION INFORMATION

For 4 oz or 4 clusters (serving size)

NUTRIENTS	AMOUNT
Calories	**335**
Total Fat	**19 g**
Saturated Fat	3 g
Cholesterol	0 mg
Sodium	**234 mg**
Total Carbohydrate	**37 g**
Dietary Fiber	6 g
Total Sugars	18 g
Added Sugars included	0 g
Protein	**8 g**
Vitamin A	14 mcg RAE
Vitamin C	1 mg
Vitamin D	0 mcg
Calcium	43 mg
Iron	2 mg
Potassium	416 mg

N/A=data not available.

NOTES

Try these Roll-In Variations:

- Toasted sunflower seeds or pepitas (1 cup lightly crushed seeds coats about 30 balls)
- Cocoa powder (1 cup coats about 50 balls)

Local ingredients: apples, oats

Store leftovers in the refrigerator for up to 5 days or frozen for 6 months.

YIELD/VOLUME

50 Servings	100 Servings
50 – 4 oz servings	100 - 4oz servings
About 12 lb 8 oz	About 25 lb
200 1-oz balls	400 1-oz balls

SOURCE:

FY 2024 Team Nutrition Training Grant

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