

Fruit Basket Upset

Kids will love this action - fold, chop, bake!



Level: Medium

Serves 8

Kids' Tool Kit

9X13-inch pan
Can opener
Small bowl
Measuring cups
Measuring spoons
Dough scraper
Rubber spatula
Small dish
Strainer



Ingredients:

1 pound frozen dough, thawed
1 egg
1/2 cup sugar
2 teaspoons cinnamon
1/2 cup raisins, soaked and drained
1 cup fruit cocktail, drained



Directions:

Remember to wash your hands!

1. Place dough in greased 9X13-inch baking pan. Flatten by hand, covering bottom of pan.
2. Combine egg, sugar, cinnamon, raisins and fruit in a small bowl.
3. Place fruit mixture in center of dough. Fold four corners to center over dough. Using a scraper or spatula, chop dough until fruit filling is blended into dough. (Mixture will be rough and messy.) Spread evenly in pan.
4. Cover; let rise until dough is double in size.
5. Preheat oven to 375 degrees.
6. Bake for 18 to 20 minutes or until golden brown.

Chef's Choice

Fruit Basket Upset
Milk

Nutrition Facts

Serving Size (118g)
Servings Per Container 8

Amount Per Serving

Calories 270 Calories from Fat 30

% Daily Value*

Total Fat 3.5g 5%

Saturated Fat 0g 0%

Cholesterol 25mg 9%

Sodium 330mg 14%

Total Carbohydrate 56g 19%

Dietary Fiber 3g 14%

Sugars 25g

Protein 7g

Vitamin A 2% • Vitamin C 2%

Calcium 4% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000 2,500

Total Fat Less than 65g 90g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



Helpful Hints: This recipe is a lot of fun to make and amazes new and experienced cooks. As you chop up the dough and mix in the fruit, the recipe doesn't look quite right. But it comes out of the oven looking great, smelling delicious, and tasting wonderful!



Safety Tip: The egg in this recipe is combined with sugar, allowing the mixture to safely sit at room temperature until the dough is double in size. Be sure to let the bread cool before sampling - the fruit and syrup hold heat and could burn if tasted right out of the oven.

For more information about this recipe and other fun recipes: contact your county extension office in Kansas visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.