Fruit Basket Upset

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

Level: Medium  
Serves 8

Ingredients:
- 1 pound frozen dough, thawed
- 1 egg
- ½ cup sugar
- 2 teaspoons cinnamon
- ½ cup raisins, soaked and drained
- 1 cup fruit cocktail, drained

Directions:
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.

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.

Chef’s Choice
Fruit Basket Upset
Milk

Nutrition Facts
Serving Size (118g)  
Servings Per Container 8

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories: 270</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat: 3.5g</td>
<td>% Daily Value: 5%</td>
</tr>
<tr>
<td>Saturated Fat: 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol: 25mg</td>
<td>9%</td>
</tr>
<tr>
<td>Sodium: 330mg</td>
<td>14%</td>
</tr>
<tr>
<td>Total Carbohydrate: 56g</td>
<td>19%</td>
</tr>
<tr>
<td>Dietary Fiber: 3g</td>
<td>14%</td>
</tr>
<tr>
<td>Sugars: 25g</td>
<td>10%</td>
</tr>
<tr>
<td>Protein: 7g</td>
<td>12%</td>
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</tbody>
</table>

Vitamin A: 2%  
Vitamin C: 2%

Calcium: 4%  
Iron: 20%

*Recent 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  
Saturated Fat: Less than 20g  
Cholesterol: Less than 300mg  
Sodium: Less than 2,400mg  
Total Carbohydrate: 300g  
Dietary Fiber: 25g  
Calories per gram: Fat 9, Carbohydrate 4, Protein 4

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