



## 825268 - Overnight Oats: Berries & Cream

Source: K12 Culinary

Number of Portions: 30

Size of Portion: each

### Components:

Meat/Alt: 0.5 oz

Grains: 1.5 oz

Fruit: 0.5 cup

Vegetable:

Milk:

### Recipe Subgroups:

Whole Grain Rich

### Attributes:

Fruits

HACCP Process: #1 No Cook

Ingredients	Measures	Instructions
042290 MILK,FLUID,NONFAT,CA FORT (FAT FREE OR S... 019296 HONEY..... 827088 Oats, Rolled, Old Fashioned.....	2 qts 1 cup 3 lbs	Combine skim milk and honey and whisk until smooth. Add oats and allow to sit in the refrigerator overnight until oats have absorbed the liquid.
009050 BLUEBERRIES,RAW..... 009316 STRAWBERRIES,RAW.....	2 lbs + 12 ozs 3 lbs + 4 ozs	Rinse blueberries and strawberries under running water and drain. Dice strawberries into ½" pieces. Combine blueberries and diced strawberries in a mixing bowl; use a spatula to combine. Keep refrigerated until ready to use.
825040 Yogurt, Lowfat, Vanilla Pouch, Yoplait 1.....	1 pouch, 64 oz	Layer ingredients in a 12 oz clear cup in the following order: <ul style="list-style-type: none"> <li>• no. 10 disher of oat mixture</li> <li>• ¼ cup (no. 16 disher) vanilla yogurt</li> <li>• Prior to service, top with ½ cup (no. 8 disher) berry mixture.</li> </ul> <p>Note: Do not substitute quick oats for the old fashioned oats, as they become gummy within 1 hour of preparation.</p> <p><b>CCP: Hold and Serve at 41° F or lower.</b></p>

\*Nutrients are based upon 1 Portion Size (each)

Calories	320 kcal	Cholesterol	3 mg	Sugars	26.5 g	Calcium	198.69 mg	10.22%	Calories from Total Fat
Total Fat	3.64 g	Sodium	64 mg	Protein	10.45 g	Iron	2.43 mg	2.61%	Calories from Saturated Fat
Saturated Fat	0.93 g	Carbohydrates	64.45 g	Vitamin A	596.4 IU	Water <sup>1</sup>	*141.45* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	6.54 g	Vitamin C	33.6 mg	Ash <sup>1</sup>	*0.83* g	80.50%	Calories from Carbohydrates
								13.05%	Calories from Protein

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes optional nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.