# Overnight Oats with Berries

**HACCP Process:** #1 No Cook  
**Size of Portions:** 1 Serving

### CREDITING INFORMATION:

<table>
<thead>
<tr>
<th>Meats/MA</th>
<th>Grains</th>
<th>Fruits</th>
<th>Vegetables</th>
</tr>
</thead>
<tbody>
<tr>
<td>½ oz eq</td>
<td>2.25 eq</td>
<td>½ cup</td>
<td></td>
</tr>
</tbody>
</table>

### Legumes:  
- Dark Green:  
- Red/Orange:  
- Starchy:  
- Other:

### INGREDIENTS 50 SERVINGS 100 SERVINGS DIRECTIONS

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>50 SERVINGS</th>
<th>100 SERVINGS</th>
<th>DIRECTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Weight</td>
<td>Measure</td>
<td>Weight</td>
</tr>
</tbody>
</table>
| Strawberries, sliced, IQF          | 5 lb 5 oz   | 2 qt 3 cups  | 10 lb 10 oz| 1 gal 1 qt 2 cups | Thaw strawberries and blueberries in perforated pans, under refrigeration, at least 24 hours prior to use.  
**CCP:** Hold for cold service at 41° F or lower. Once thawed, discard juice and combine the berries. |
| Blueberries, frozen, wild, IQF     | 4 lb 11 oz  | 3 qt 3 cups  | 9 lb 6 oz  | 1 gal 3 qt 2 ½ cups |                                                    |
| Milk, fluid, nonfat                |             |              | 3 qt 1 ½ cups 2 Tbsp | 1 gal 2 qt 2 ½ cups | Combine milk, honey, and cinnamon. Whisk until smooth. Stir the oats into the milk and honey mixture. Place in a non-reactive pan (e.g., stainless steel, plastic foodservice pan). Cover and refrigerate overnight, allowing the oats to absorb the milk mixture.  
**CCP:** Hold for cold service at 41° F or lower. |
| Honey                              | 10 oz       | 3/4 cup 1 ½ Tbsp | 1 lb 4 oz | 1 ½ cups 3 Tbsp |                                                    |
| Cinnamon, ground                   | 3 Tbsp      |              |            |              |                                                    |
| Oats, rolled (old fashioned), dry  | 5 lb        | 1 gal 1 qt 3 ⅛ cups | 10 lb | 2 gal 3 qt 3 ⅛ cups | In a 12 oz portion container, layer ingredients in the following order:  
- Oat mixture – Use a No. 10 scoop (⅛ cup).  
- Nonfat yogurt – Use a No. 16 scoop or a 2 oz spoodle.  
- Berries mixture – Use a No. 8 scoop or a 4 oz spoodle.  
**CCP:** Refrigerate until served.  
**CCP:** Hold for cold service at 41° F or lower. |
| Yogurt, vanilla, nonfat            | 7 lb 3 oz   | 3 qt ¼ cup   | 14 lb 6 oz | 1 gal 2 qt 1 ½ cups |                                                    |
### Overnight Oats with Berries

**HACCP Process:** #1 No Cook  
**Size of Portions:** 1 Serving

**CREDITING INFORMATION:**  
One portion provides

<table>
<thead>
<tr>
<th>Meats/MA</th>
<th>Grains</th>
<th>Fruits</th>
<th>Vegetables</th>
</tr>
</thead>
<tbody>
<tr>
<td>½ oz eq</td>
<td>2.25 oz eq</td>
<td>½ cup</td>
<td></td>
</tr>
</tbody>
</table>

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

**Cooking Process #1: No Cook**

This item may be held refrigerated at or below 41° F for 1–2 days.

---

**NOTES**
**Overnight Oats with Berries**

**HACCP Process:** #1 No Cook  
**Size of Portions:** 1 Serving

<table>
<thead>
<tr>
<th>DIRECTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>In a mixing bowl, whisk together milk, honey, and cinnamon. Stir in the oats.</td>
</tr>
</tbody>
</table>

Transfer to a stainless steel or plastic foodservice pan. Refrigerate overnight.  
**CCP:** Hold for cold service at 41°F or lower.

Combine thawed and drained strawberries and blueberries.

In a 12 oz clear cup, layer ingredients in the following order:
- No. 10 scoop (3/8 cup) oat mixture
- No. 16 scoop non-fat vanilla yogurt
- No. 8 scoop berries

**CCP:** Refrigerate until served.  
**CCP:** Hold for cold service at 41°F or lower.