



Easy Overnight Oats and Berries

A new twist on an old favorite. Try this no-cook, make-ahead whole grain-rich breakfast.

Ages: 3–5 years

Prep time: 15 minutes

Makes: 6 servings

Cook time: 0 minutes

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INGREDIENTS

- ¼ cup** milk, non-fat (1%)
- ¾ cup** Greek yogurt, vanilla, non-fat
- 2 tsp** honey, pasteurized
- ¼ tsp** vanilla extract
- 1 cup (3¼ oz)** oats, quick
- 3 cups (13½ oz)** blueberries, blackberries, and raspberries, whole, frozen, unsweetened

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DIRECTIONS

1. Wash hands with soap and water for at least 20 seconds.
2. In a medium bowl, combine milk, Greek yogurt, honey, and vanilla extract. Stir.
3. Add oats. Mix well.
4. Add berries. Stir.
5. Cover and refrigerate for 8–12 hours at 40 °F or lower.
6. Remove from the refrigerator and stir.
7. Serve ½ cup. Serve immediately, or keep cold at 40 °F or lower.



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NUTRITION INFORMATION

½ cup Easy Overnight Oats and Berries

Nutrients	Amount
Calories	127

Total Fat	1 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	15 mg
Total Carbohydrate	24 g
Dietary Fiber	5 g
Total Sugars	10 g
Includes Added Sugars	N/A
Protein	6 g


Vitamin D	N/A
Calcium	66 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available


Source: Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov

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CACFP CREDITING INFORMATION

¼ cup fruit
¼ oz eq meat alternate
½ oz eq grains 

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CHEF TIPS

- **Contains milk (milk and yogurt).** Some oats may be grown/processed with other wheat products.
- Yogurt must not contain more than 23 grams of total sugars per 6 ounces.
- For breakfast, you can credit the grains or meats/meat alternates in this recipe toward the reimbursable meal.
- Meats/meat alternates may be served in place of the entire grains component up to 3 times per week at breakfast in the CACFP.
- Meals as Teaching Moments: The yogurt in this recipe may not be easy for kids to recognize (visible) as a meat alternate component of the meal. Adding a visible meat/meat alternate, such as finely chopped nuts or a spoonful of additional yogurt on top, may help kids learn about meats/meat alternates as part of a balanced meal.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.