

Peachy Oatmeal Bake

Tired of the same old oats? Try this easy-to-prepare peach of a recipe.

Ages: 3–5 years Makes: 6 servings Prep time: 10 minutes Cook time: 30 minutes

the INGREDIENTS

Nonstick cooking spray

³/₄ cup rolled oats, dry (not quick)

¹/₂ cup milk, low-fat (1%)

2 cups peaches, canned, light syrup, drained, diced

1 Tbsp maple syrup

1 tsp cinnamon, ground

the DIRECTIONS

- 1. Wash hands with soap and water for at least 20 seconds.
- 2. Preheat oven to 400 °F.
- **3.** Spray baking dish (8" x 8") with nonstick cooking spray.
- 4. In a small bowl, combine oats, milk, peaches, maple syrup, and cinnamon. Stir.
- 5. Add oatmeal mixture to a baking dish.
- Bake for 30 minutes or until bubbling and golden brown. Heat to 140 °F or higher, for at least 15 seconds.
- Remove from the oven and let sit for 5 minutes. Stir with a spoon to fluff before serving.
- Serve ½ cup. Serve immediately, or keep warm at 140 °F or higher.





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NUTRITION INFORMATION

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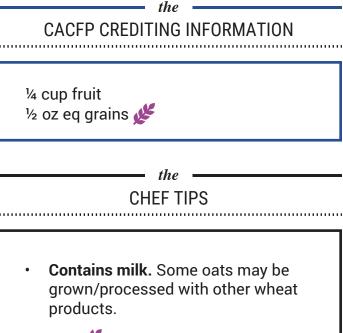
1/2 cup Peachy Oatmeal Bake

| Nutrients | Amount |
|-----------------------|--------------|
| Calories | 89 |
| Total Fat | 1 g |
| Saturated Fat | 0 g |
| Cholesterol | 1 mg |
| Sodium | 18 mg |
| Total Carbohydrate | 17 g |
| Dietary Fiber | 1 g |
| Total Sugars | 7 g |
| Includes Added Sugars | N/A |
| Protein | 2 g |
| Vitamin D | N/A |
| Calcium | 32 mg |
| Iron | 0 mg |
| Potassium | N/A |

N/A = Data not available

Source: Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov



- The *symbol* indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method B.

