



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

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INGREDIENTS

Nonstick cooking spray

¾ cup rolled oats, dry (not quick)

½ cup milk, low-fat (1%)

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

1 Tbsp maple syrup

1 tsp cinnamon, ground

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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.
6. Bake for 30 minutes or until bubbling and golden brown. Heat to 140 °F or higher, for at least 15 seconds.
7. Remove from the oven and let sit for 5 minutes. Stir with a spoon to fluff before serving.
8. Serve ½ cup. Serve immediately, or keep warm at 140 °F or higher.



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NUTRITION INFORMATION

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½ 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

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CACFP CREDITING INFORMATION

¼ cup fruit

½ oz eq grains 

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CHEF TIPS

- **Contains milk.** Some oats may be grown/processed with other wheat products.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method B.

