



## Easy Overnight Oats and Berries

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

**Ages:** 6–18 years

**Makes:** 6 servings

**Prep time:** 15 minutes

**Cook time:** 0 minutes

---

*the*

### INGREDIENTS

---

**½ cup** milk, low-fat (1%)

**1 ½ cups** Greek yogurt, vanilla, non-fat

**1 Tbsp + 1 tsp** honey, pasteurized

**½ tsp** vanilla extract

**2 cups (6½ oz)** oats, quick

**6 cups (1 lb 11 oz)** blueberries, blackberries, and raspberries, whole, frozen, unsweetened

---

*the*

### DIRECTIONS

---

1. Wash hands with soap and water for at least 20 seconds.
2. In a large 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 1 cup. Serve immediately, or keep cold at 40 °F or lower.



*the*

## NUTRITION INFORMATION

1 cup Easy Overnight Oats and Berries

Nutrients	Amount
<b>Calories</b>	<b>256</b>
<b>Total Fat</b>	<b>4 g</b>
Saturated Fat	1 g
Cholesterol	7 mg
<b>Sodium</b>	<b>29 mg</b>
<b>Total Carbohydrate</b>	<b>45 g</b>
Dietary Fiber	9 g
Total Sugars	17 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>12 g</b>
Vitamin D	N/A
Calcium	137 mg
Iron	3 mg
Potassium	N/A


N/A = Data not available

Source: Team Nutrition CACFP Easy Recipe Project

[TeamNutrition.USDA.gov](http://TeamNutrition.USDA.gov)


*the*

## CACFP CREDITING INFORMATION

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

*the*

## 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.