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
Prep time: 15 minutes
Makes: 6 servings
Cook time: 0 minutes

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

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.
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.
1 cup Easy Overnight Oats and Berries

<table>
<thead>
<tr>
<th>Nutrients</th>
<th>Amount</th>
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<tbody>
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<td>Calories</td>
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<tr>
<td>Total Fat</td>
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<tr>
<td>Saturated Fat</td>
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<tr>
<td>Cholesterol</td>
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<td>Sodium</td>
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<tr>
<td>Total Carbohydrate</td>
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<tr>
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N/A = Data not available

Source: Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov

CACFP CREDITING INFORMATION

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

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.