



## Peachy Oatmeal Bake

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

**Ages:** 6–18 years

**Makes:** 6 servings

**Prep time:** 10 minutes

**Cook time:** 30 minutes

---

*the*

---

### INGREDIENTS

---

#### Nonstick cooking spray

**1 ½ cups** rolled oats, dry (not quick)

**1 cup** milk, low-fat (1%)

**4 cups** peaches, canned, light syrup, drained, diced

**2 Tbsp** maple syrup

**2 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 (9" x 13") 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 1 cup. Serve immediately, or keep warm at 140 °F or higher.





*the*

## NUTRITION INFORMATION

1 cup Peachy Oatmeal Bake

<b>Nutrients</b>	<b>Amount</b>
<b>Calories</b>	<b>177</b>
Total Fat	2 g
Saturated Fat	0 g
Cholesterol	2 mg
<b>Sodium</b>	<b>36 mg</b>
<b>Total Carbohydrate</b>	<b>34 g</b>
Dietary Fiber	2 g
Total Sugars	13 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>5 g</b>
Vitamin D	N/A
Calcium	63 mg
Iron	0 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  
1 oz eq grains 

*the*

## 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.

