Peachy Oatmeal Bake

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

Ages: 6–18 years
Prep time: 10 minutes
Makes: 6 servings
Cook time: 30 minutes

INGREDIENTS

Nonstick cooking spray

1½ 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

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.
1 cup Peachy Oatmeal Bake

**Nutrients** | **Amount**
---|---
Calories | 177

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
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</thead>
<tbody>
<tr>
<td>Total Fat</td>
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</tr>
<tr>
<td>Saturated Fat</td>
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<tr>
<td>Cholesterol</td>
<td>2 mg</td>
</tr>
<tr>
<td>Sodium</td>
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</tr>
<tr>
<td>Total Carbohydrate</td>
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</tr>
<tr>
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<tr>
<td>Total Sugars</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](http://TeamNutrition.USDA.gov)

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**CACFP CREDITING INFORMATION**

½ cup fruit
1 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.