

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

1¹/₂ 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.
- 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.







NUTRITION INFORMATION

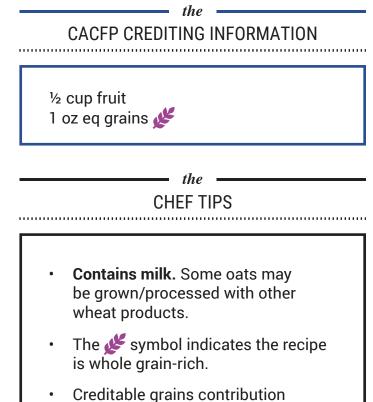
1 cup Peachy Oatmeal Bake

Nutrients	Amount
Calories	177
Total Fat	2 g
Saturated Fat	0 g
Cholesterol	2 mg
Sodium	36 mg
Total Carbohydrate	34 g
Dietary Fiber	2 g
Total Sugars	13 g
Includes Added Sugars	N/A
Protein	5 g
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



Creditable grains contribution calculated using the Recipe Analysis Workbook, Method B.

