

Easy Overnight Oats and Berries

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

AGES: 3–5 years

PREP TIME: 30 minutes **COOK TIME:** 0 minutes

CACFP CREDITING INFORMATION

¼ cup fruit

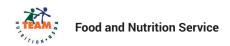
¼ oz eq meat alternate ½ oz eq grains

SOURCE

Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIDECTIONS
	Weight	Measure	Weight	Measure	DIRECTIONS
					 Wash hands with soap and water for at least 20 seconds.
Milk, low-fat (1%)	8 fl oz	1 cup	16 fl oz	2 cups	2 In a steam table pan, combine milk, Greek yogurt, honey, and vanilla extract. Stir. For 25 servings, use a half pan (103/8" x 123/4" x 4"). For 50 servings, use 1 pan (12" x 20" x 4").
Greek yogurt, vanilla, non-fat	1 lb 9 oz	31/8 cup	3 lb 2 oz	1 qt + 2¼ cups	
Honey, pasteurized		3 Tbsp		¼ cup + 2 Tbsp	



INGREDIENTS	25 SERVINGS		50 SERVINGS		
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Vanilla extract		1 tsp		2 tsp	
Oats, quick	13½ oz	1 qt	1 lb 11 oz	2 qt	3 Add oats. Mix well.
Blueberries, blackberries, and raspberries, whole, frozen, unsweetened	3 lb 8 oz	3 qt + ½ cup	7 lb	1 gal + 2 qt + 1 cup	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 ½ cup (#8 scoop). Serve immediately, or keep cold at 40 °F or lower.

NUTRITION INFORMATION

½ cup Easy Overnight Oats and Berries

Nutrients Calories	Amount 127	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber Total Sugars Includes Added Sugars Protein	1 g 0 g 0 mg 15 mg 24 g 5 g 10 g N/A 6 g	
Vitamin D Calcium Iron Potassium N/A = Data not available	N/A 66 mg 1 mg N/A	

NOTES

- 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.

YIELD/VOLUME					
25 Servings	50 Servings				
Weight: 6 lb 14 oz	Weight: 13 lb 7 oz				
Yield: 3 qt ½ cup	Yield: 1 gal 2 qt 1 cup				