



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		DIRECTIONS
	Weight	Measure	Weight	Measure	
					1 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 (10 ³ / ₈ " x 12 ³ / ₄ " x 4"). For 50 servings, use 1 pan (12" x 20" x 4").
Greek yogurt, vanilla, non-fat	1 lb 9 oz	3 ³ / ₈ cup	3 lb 2 oz	1 qt + 2 ¹ / ₄ cups	
Honey, pasteurized		3 Tbsp		¼ cup + 2 Tbsp	

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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	Amount
Calories	127
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	15 mg
Total Carbohydrate	24 g
Dietary Fiber	5 g
Total Sugars	10 g
Includes Added Sugars	N/A
Protein	6 g
Vitamin D	N/A
Calcium	66 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available

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 Yield: 3 qt ½ cup	Weight: 13 lb 7 oz Yield: 1 gal 2 qt 1 cup

