

Peachy Oatmeal Bake

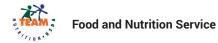
Tired of the same old oats? Try this easy-to-prepare peach of a recipe.

AGES: 3–5 years PREP TIME: 30 minutes COOK TIME: 45 minutes

CACFP CREDITING INFORMATION ¹/₄ cup fruit ¹/₂ oz eq grains *****

SOURCE Team Nutrition CACFP Easy Recipe Project TeamNutrition.USDA.gov

| INGREDIENTS | 25 SERVINGS | | 50 SERVINGS | | DIDECTIONO |
|---------------------------------|-------------|---------|-------------|-------------------|---|
| | Weight | Measure | Weight | Measure | DIRECTIONS |
| | | | | | 1 Wash hands with soap and water for at least 20 seconds. |
| | | | | | 2 Preheat oven to 400 °F. |
| Nonstick cooking spray | | 1 spray | | 2 sprays | Spray steam table pan with nonstick cooking spray. For 25 servings, use half pan (10³/₈" x 12³/₄" x 2"). For 50 servings, use 1 pan (12" x 20" x 2"). |
| Rolled oats, dry (not quick) | 9³⁄8 oz | 3⅓ cups | 1 lb 3 oz | 1 qt + 2¼ cups | 4 In a large bowl, combine oats, milk, peaches, maple syrup, and cinnamon. Stir. |
| Milk, low-fat (1%) | 18 fl oz | 2¼ cups | 36 fl oz | 1 qt + ½ cup | |



| INGREDIENTS | 25 SERVINGS | | 50 SERVINGS | | |
|---|-------------|-------------------|-------------|-------------------|---|
| | Weight | Measure | Weight | Measure | DIRECTIONS |
| Peaches, canned, light syrup, drained, diced | 4 lb 11 oz | 2 qt + ⅓ cup | 9 lb 6 oz | 1 gal + ⅔ cup | |
| Maple syrup | | ¼ cup | | ½ cup | |
| Cinnamon, ground | | 1 Tbsp + 1 tsp | | 2 Tbsp + 2 tsp | |
| | | | | | 5 Add oatmeal mixture to steam table pan. |
| | | | | | Bake for 40-45 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 ½ cup (#8 scoop). Serve immediately, or keep warm at 140 °F or higher. |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |





NUTRITION INFORMATION

1/2 cup Peachy Oatmeal Bake

| Nutrients | Amount | |
|-----------------------|--------------|--|
| Calories | 89 | |
| Total Fat | 1 g | |
| Saturated Fat | 0 g | |
| Cholesterol | 1 mg | |
| Sodium | 18 mg | |
| Total Carbohydrate | 17 g | |
| Dietary Fiber | 1 g | |
| Total Sugars | 7 g | |
| Includes Added Sugars | N/A | |
| Protein | 2 g | |
| Vitamin D | N/A | |
| Calcium | 32 mg | |
| Iron | 0 mg | |
| Potassium | N/A | |

N/A = Data not available

NOTES

- **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.

| YIELD/VOLUME | | | | | |
|--------------------|-------------------|--|--|--|--|
| 25 Servings | 50 Servings | | | | |
| Weight: 5 lb 7 oz | Weight: 11 lb | | | | |
| Yield: 2 qt 2 cups | Yield: 1 gal 1 qt | | | | |

