



Easy Overnight Oats and Berries

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

AGES: 6–18 years


PREP TIME: 45 minutes

COOK TIME: 0 minutes

CACFP CREDITING INFORMATION

½ cup fruit

½ oz eq meat alternate

1 oz eq grains 

SOURCE

Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<ol style="list-style-type: none"> 1 Wash hands with soap and water for at least 20 seconds.
Milk, low-fat (1%)	16 fl oz	2 cups	32 fl oz	1 qt	<ol style="list-style-type: none"> 2 In a steam table pan 12" x 20" x 4", combine milk, Greek yogurt, honey, and vanilla extract. Stir. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
Greek yogurt, vanilla, non-fat	3 lb 2 oz	1 qt + 2¼ cups	6 lb 4 oz	3 qt + ½ cup	
Honey, pasteurized		¼ cup + 2 Tbsp		¾ cup	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
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Vanilla extract		2 tsp		1 Tbsp + 1 tsp	
Oats, quick	1 lb 11 oz	2 qt	3 lb 6 oz	1 gal	3 Add oats. Mix well.
Blueberries, blackberries, and raspberries, whole, frozen, unsweetened	7 lb	1 gal + 2 qt + 1 cup	14 lb	3 gal + 2 cups	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 1 cup (8 oz server). Serve immediately, or keep cold at 40 °F or lower.




NUTRITION INFORMATION

1 cup Easy Overnight Oats and Berries

Nutrients	Amount
Calories	256
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Total Fat	4 g
Saturated Fat	1 g
Cholesterol	7 mg
Sodium	29 mg
Total Carbohydrate	45 g
Dietary Fiber	9 g
Total Sugars	17 g
Includes Added Sugars	N/A
Protein	12 g
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Vitamin D	N/A
Calcium	137 mg
Iron	3 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: 13 lb 7 oz	Weight: 26 lb 13 oz
Yield: 1 gal 2 qt 1 cup	Yield: 2 gal 2 cups

