



Rise n' Shine Strawberry Oats

Wholesome mixture of rolled oats, vanilla yogurt, low-fat milk, and fresh strawberries.

Recipe Project Name: Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development
Virginia Department of Education

Preparation Time: 30 minutes

Cook Time: No cook

NSLP/SBP crediting information:

10 oz serving provides 1 oz equivalent meats/meat alternates, 1 oz equivalent grains, ½ cup fruit.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Low-fat yogurt, vanilla	13 lb 7 oz	1 gal 2 qt 1 cup	26 lb 14 oz	3 gal 2 cups	1. Combine yogurt, oats, and milk in a large bowl using a rubber spatula (it may be necessary to do the recipe in two batches depending on the mixing bowl size).
Oats, rolled, whole grain, quick cooking	3 lb 2 oz	3 qt ½ cup	6 lb 4 oz	1 gal 2 qt 1 cup	
Milk, 1% white		1 qt 2 ½ cups		3 qt ½ cup	2. Wash, drain, and stem the strawberries. Cut into ½ inch dice (alternatively, you can use a food processor with a dicing blade).
*Fresh strawberries	8 lb 7 oz	1 gal 2 qt 1 cup	16 lb 14 oz	3 gal 2 cups	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<ol style="list-style-type: none"> 3. Place 50 (12 oz each) parfait cups on 2 sheet pans (18" x 26" x 1"). 4. Reserve ¼ of the cut strawberries for garnish. For 50 servings, reserve 1 qt 2 ¼ cup. For 100 servings, reserve 3 qt ½ cup. 5. Fold the remaining strawberries into the yogurt mixture using a rubber spatula. 6. Portion 1 cup (10 oz by weight) of the yogurt mixture into each parfait cup. This can be done using two No. 8 scoops. 7. Using the No. 30 scoop (1 oz), top each of the yogurt filled parfait cups with the reserved strawberries. 8. Place lids on the parfait cups and chill overnight. <p>Critical Control Point: Hold for cold service at 41 °F or lower.</p>



**RISE N' SHINE STRAWBERRY OATS
NUTRITION INFORMATION**

For 10 oz serving

NUTRIENTS	AMOUNT
Calories	217
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Total Fat	3 g
Saturated Fat	1 g
Cholesterol	2 mg
Sodium	69 mg
Total Carbohydrate	41 g
Dietary Fiber	4 g
Total Sugars	20 g
Added Sugars included	N/A
Protein	8 g
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Vitamin A	N/A
Vitamin C	N/A
Vitamin D	N/A
Calcium	182 mg
Iron	1 mg
Potassium	N/A

N/A=data not available.

*MARKETING GUIDE		
Food as Purchased for	50 Servings	100 Servings
Strawberries, raw, whole	9 lb 10 oz	19 lb 3 oz

NOTES
*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.
*Note: Frozen USDA strawberries may be used in place of fresh strawberries by omitting the milk. Portion 12 oz into each parfait cup.
Cooking Process #1: no cook

YIELD/VOLUME	
50 Servings	100 Servings
50 parfait cups filled with 10 oz overnight oats	100 parfait cups filled with 10 oz overnight oats
About 31 lb 4 oz About 3 gal 2 cups	About 62 lb 8 oz About 6 gal 1 qt

SOURCE:

FY 2021 Cohort A Team Nutrition Training Grant

