



Sweet Cherry and Chocolate Overnight Oats

Our overnight oats feature Montana Flathead cherries and Montana grown cereal grains combined with creamy yogurt and honey.

Recipe Project Name: Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development
Montana Office of Public Instruction

Preparation Time: 30 minutes

Cook Time: 6 hours to cool

NSLP/SBP crediting information:

½ cup (4 fl oz spoodle) provides 1 oz equivalent meat alternate, ⅜ cup fruit, and 1 oz equivalent grains.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Montana sweet Flathead cherries, frozen, pitted, unsweetened	8 lb	2 qt 3 ¾ cups	16 lb	1 gal 1 qt 3 ½ cups	<ol style="list-style-type: none"> 1. Set aside half the cherries. 2. Stir together cereal, yogurt, honey (if using honey), half of the cherries, and cocoa powder. Omit the honey if using sweetened yogurt. 3. Portion out 4 fl oz yogurt mixture into individual service dishes or hold in bulk quantity until ready to use. 4. If in individual dishes, top each portion with the remaining cherries (approximately 3 cherries each or ¼ cup). If bulk, spread the remaining cherries over the top.
Montana’s Cream of the West Roasted 7 Grain Cereal, uncooked	3 lb 6 oz	Three 18 oz boxes	6 lb 12 oz	Six 18 oz boxes	
Yogurt, plain, vanilla or Greek	12 lb 8 oz	1 gal 2 qt 1 cup	25 lb	3 gal 2 cups	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Honey, if using plain yogurt	12.6 oz	½ cup 1 Tbsp	1 lb 9 oz	1 cup 2 Tbsp	
Cocoa Powder	1.7 oz	¾ cup	3.4 oz	1 ½ cups	<p>5. Cover and refrigerate overnight, or for at least six hours.</p> <p>Critical Control Point: Cool to 41 °F or lower within 4 hours.</p> <p>Critical Control Point: Hold at 41 °F or below.</p>



NUTRITION INFORMATION

For ½ cup (4 fl oz spoodle)

NUTRIENTS	AMOUNT
Calories	253
<hr/>	
Total Fat	1.6 g
Saturated Fat	0.5 g
Cholesterol	6 mg
Sodium	44 mg
Total Carbohydrate	45 g
Dietary Fiber	5 g
Total Sugars	20 g
Added Sugars included	N/A
Protein	16 g
<hr/>	
Vitamin A	N/A
Vitamin C	N/A
Vitamin D	0 IU
Calcium	137 mg
Iron	6 mg
Potassium	343 mg

N/A=data not available.

	MARKETING GUIDE	
Food as Purchased for	50 Servings	100 Servings

NOTES
<p>*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.</p> <p>Cooking Process #1: No Cook</p> <p>Optional garnish: fresh cherries, yogurt, light dusting of cocoa powder.</p> <p>This recipe is the most eye appealing when served in individual dishes; this also makes it a portable grab and go item.</p>

YIELD/VOLUME	
50 Servings	100 Servings
About 12 lb 8 oz	About 25 lb
About 1 gal 2 qt 1 cup	About 3 gal 2 cups

SOURCE:

FY 2021 Cohort A Team Nutrition Training Grant

