



## Peaches 'N Cream Overnight Oats

Breakfast

Recipe HACCP Process: #1 No Cook

Ingredients	50 Servings		Directions
	Weight	Measure	
Oats, rolled, unenriched, quick cooking	3 qts. + ½ cup		<ol style="list-style-type: none"> <li>1. In large mixer, combine dry oats, yogurt and milk</li> <li>2. Stir in fruit</li> <li>3. Measure 10 oz. portion into cups.</li> <li>4. Place lids on cups and chill overnight. CCP: Maintain at 41° F or lower within 4 hours.</li> <li>5. Optional: Add spices such as cinnamon, nutmeg, or other flavoring for variety.</li> </ol>
Yogurt, lowfat vanilla	6 qts. + 8 oz.		
Milk, 1% white	6 cups + 4 oz.		
Peaches, canned, diced extra light syrup	2 #10 cans		

Serving:	Yield:	Volume:
Provides ½ cup fruit, 1 grain equivalent and 1 meat/meat alternate	50 servings:	50 servings: 3 gals. + 3½ qts. + 4 oz.

Nutrients Per Serving					
Calories	215 kcal	Saturated Fat	1.32 g	Iron	0.86 mg
Protein	9.87 g	Cholesterol	9 mg	Calcium	266.91 mg
Carbohydrates	38.61 g	Vitamin A	513.8 IU	Sodium	113 mg
Total Fat	2.75 g	Vitamin C	5.3 mg	Dietary Fiber	2.30 g