



# Overnight Oats with Quaker® Kettle Hearty

A hearty, healthy breakfast option that can be topped with various fruits



<b>YIELD:</b> 50 servings	<b>SERVING SIZE:</b> 1 SERVING = 1 cup oats	<b>SOURCE:</b> PepsiCo & Cincinnati School District
<b>NUTRITIONAL CONTRIBUTION PER SERVING:</b> 1 eq. meat/ meat alternative, 1 WG OEG, ¼ cup fruit		

INGREDIENTS	QUANTITY	DIRECTIONS
Quaker® Kettle Hearty Oats, dry	5 quarts	<ol style="list-style-type: none"> <li>In large bowl, combine oats, cinnamon, milk and yogurt and stir until fully combined.</li> <li>Split mixture evenly into 2 steamtable pans and cover tightly. Allow to sit overnight in refrigerator.</li> </ol> <p><i>To Serve:</i></p> <ol style="list-style-type: none"> <li>Portion 1 cup oats into a 9 oz plastic cup.</li> <li>Top each cup with ¼ cup berries.</li> <li>Cover cup with flat lid and place in refrigerator until service. The overnight oats base can be held for up to 3 days in refrigerator in an airtight container. Once topped for service, use within 24 hours.</li> </ol> <p><i>Modifications:</i> Any chopped fresh or frozen fruit can be used (kiwi, peaches, mango, etc). Almond or soy milk can be used in place of cow's milk. Try plain yogurt with a little maple syrup or honey and a splash of vanilla or almond extract in place of vanilla yogurt. Spice it up with cardamom, all spice, ginger, nutmeg or even lime juice. Top with crumbled graham crackers or granola before serving for 2 OEGs/serving</p> <p>For best results, make overnight oats one day before serving.</p>
Yogurt, vanilla	7 quart + 1 cup	
1% milk	2 quarts + 1 ½ cup	
Cinnamon, ground	1/3 cup + 2 tsp	
Strawberries, frozen	3 quarts + ½ cup	

NUTRITION INFORMATION PER SERVING											
Calories	234	Total Fat	8.7 g	Saturated Fat	4.3 g	Cholesterol	23 mg	Sodium	87 mg	Protein	11.89 g
Total Carbohydrate	29.89 g	Dietary Fiber	5.1 g	Total Sugar	9.55 g	Vitamin D	4 IU	Calcium	259 mg	Iron	2.75 mg