



## BLUEBERRY PEACH OATS WITH QUAKER® KETTLE HEARTY OATS

**Each Serving Provides:**

**1 OEG**  
**1/2 c. Fruit**

### Blueberry Peach Oats with QUAKER® Kettle Hearty Oats

INGREDIENT	QUANTITY 100 servings	1 Serving
<a href="#">QUAKER® Kettle Hearty Oats</a>	3 tubes (39 c.)	0.5 c.
Water	3 Gal.	1/3 c. + 5 3/8 tsp
Skim or Reduced Fat Milk	2 Gal. + 1 Qt.	1/3 c.
Honey	2 1/4 c.	1 tsp
Vanilla Extract	3 tbsp	1/8 tbsp
Blueberries	24 c.	0.5 c.
Diced Peaches	24 c.	0.5 c.
Salt	2 tbsp + 2 tsp	

#### PREPARATION

- In a large stockpot or steam kettle, whisk together the milk, water, honey and vanilla.
- Bring water to a boil.
- Add oats and salt and return to a boil. Reduce heat and simmer 8 to 10 minutes.
- Let stand covered or transfer to a steamtable pan and cover.
- Let stand 30 minutes or until all water is absorbed.
- Stir in the blueberries and peaches.
- Hold on steamtable on medium (#5 setting) up to 3 hours.

**Nutrition Facts****1 Serving:**

Calories 206

Saturated Fat .97g

Sodium 51.5mg