



HONEY PEAR OATS WITH QUAKER® KETTLE HEARTY OATS

Each Serving Provides:

1.25 OEG
1/4 c. Fruit

Honey Pear Oats with QUAKER® Kettle Hearty Oats

INGREDIENT	QUANTITY 100 servings	1 Serving
QUAKER® Kettle Hearty Oats	3 tubes (39 c.)	0.5 c.
Skim or Reduced Fat Milk	2 Gal. + 1 Qt.	1/3 c. + 1 1/2 tbsp
Water	3 Gal.	1/2 c. + 1 tbsp
Honey	4 1/2 c.	2 1/2 tsp.
Diced Pears (Extra Light Syrup)	18 c.	0.5 c.
Ground Cinnamon	1 1/2 tbsp.	
Vanilla or Plain Low-Fat Yogurt	5 1/2 c.	0.5 c.

PREPARATION

- In a large stockpot or steam kettle, whisk together the milk and water.
- Bring water to a boil.
- Add oats and honey 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 pears and cinnamon into oatmeal.
- Hold on steamtable on medium (#5 setting) up to 3 hours.
- Top each serving with about 1 tablespoon yogurt.

Nutrition Facts	
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1 Serving:	
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Calories	274
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Saturated Fat	1.1g
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Sodium	57.2mg
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