



## OVERNIGHT OATS WITH QUAKER® KETTLE HEARTY OATS

**Each Serving Provides:**

**1 oz. Meat/MA** (5 oz. yogurt)  
**¼ c. Fruit** (1/4 c. berries)  
**1 oz. eq. Grains** (2/5 c. [35g] dry  
oats)

### Overnight Oats with QUAKER® Kettle Hearty Oats

INGREDIENT	QUANTITY 100 servings	1 Serving
Quaker® Kettle Hearty Oats (43269)	20 c. dry	2/5 c. (0.4 c.)
Low Fat Milk	9 ½ c.	3 Tbsp. + 1/8 tsp
Low Fat Vanilla Yogurt	29 c.	5/8 c. (5 oz.)
Cinnamon	6 Tbsp	3/8 tsp
USDA Frozen Berries or Kiwi Fruit	12 ½ c.	¼ c.

#### PREPARATION

1. Make overnight oats the day before serving.
2. Make 25 servings per full size steamtable pan. In pan, combine 10 cups of oats and 3 tablespoons of cinnamon.
3. Add 4 ¾ cups of milk and 14 ½ cups of yogurt to the oat mixture and stir to fully combine.
4. Cover tightly and hold oats base in refrigerator overnight OR go to step 5.
5. Portion 1 cup of the oats base into a 9 oz plastic cup.
6. Top each cup with ¼ cup of berries.
7. Put flat lid on top of the cup and place into refrigerator until serving.

Note: 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.

Modifications: 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.

#### Nutritional Facts Panel

<b>Nutrition Facts</b>	
<b>1 Serving:</b>	
Calories	274
Saturated Fat	0.7g
Sodium	87mg