



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
QUAKER® Kettle Hearty Oats	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