



FRUIT GALORE OVERNIGHT OATS

A 2/3 cup of oats and ¼ cup of fruit serving provides:

- 1 oz. eq. Whole Grain
- 1 oz. eq. Meat/Meat Alternate
- ¼ cup Fruit

Fruit Galore Overnight Oats

INGREDIENT

QUANTITY

INGREDIENTS FOR 44 SERVINGS:

- 47 oz Quaker® Kettle Hearty® Oats
- 2 quarts Milk, lowfat
- 5 ½ quarts Yogurt, vanilla, lowfat
- 3 lbs Wild blueberries, frozen

PREPARATION

Directions:

For 44 servings (1 tube of Quaker® Kettle Hearty® Oats) use a 4-inch deep, full size steamtable pan.

Combine the Quaker® Kettle Hearty® Oats, milk, and lowfat vanilla yogurt. Stir until well combined. Cover tightly and hold overnight oats in the refrigerator overnight.

CCP: Cool in refrigeration to 70 °F within 2 hours and 40 °F within 4 hours. Hold for cold service at 40 °F.

To serve:

- Portion oats into a 9-ounce plastic cup using a 6 ounce ladle. This can be done the day before service.
- Top with ¼ cup of thawed wild blueberries.
- Cover. Refrigerate until service.

Suggested Alternative Toppings for 44 Servings:

Pears, canned, diced (roasted for enhanced flavor): 7 ½ pounds

Peaches, canned, diced: 6 pounds

Strawberries, frozen, unsweetened, sliced: 6 pounds

Dried Fruits (Cherries): 2 pounds

Crushed Pineapple and Coconut: 6 pounds

Granola (for an extra 1 oz. eq. Whole Grain) 2 ¾ pounds

Nutritional Facts Panel

Nutrition Facts	
1 Serving:	
Calories	250
Saturated Fat	1.5g
Sodium	90mg

