



# Chef Brenda

Standardizing Recipes for Child Nutrition Programs

<b>Recipe Name:</b>	Strawberries and Cream Overnight Oats K-12
<b>Category:</b>	Breakfast Entrée
<b>Portion Size(s):</b>	1 cup/8.6 oz each
<b>Meal Components:</b>	1 oz eq meat/meat alternate; 1 oz eq grains; ½ cup fruit

## Directions:

1. Mix Overnight Oats: Add all ingredients into a large standing mixer, mix all ingredients for about 10 minutes or until all ingredients are fully incorporated. Use a large rubber spatula to remove any ingredients sticking to the bottom and sides of the bowl.
2. Prepare Overnight Oats: Divide mixture evenly into full size 4" deep clear plastic food pans or steamtable pans. Cover and place in the refrigerator for 12-24 hours. CCP: Hold at 40 °F or lower.
3. Package Overnight Oats: Remove oats from the refrigerator and stir well. Place 1 cup of overnight oats in a 9-10 oz plastic cup or bowl. Serve chilled. CCP: Hold at 40 °F or lower.

Ingredients:	100 Portions	
	Weight	Measure
Vanilla yogurt, low-fat	25 lbs	12 ½ - 32 oz containers OR 3 gal 2 cups
Strawberries, fresh, ¼" diced	19 lbs 2 oz	3 gal 2 cups
Quick oats	6 lbs 4 oz	2 gal 3 ½ cups
Milk, 1% low-fat		2 qts

Cinnamon, ground		1/3 cup
Vanilla extract		½ cup

**Nutrients Per One Serving (K-12):**

Calories	245	kcal	Total Fat	4	g	Total Dietary Fiber	5	g	Vitamin C	52	mg
Saturated Fat	1	g	Trans Fat	0	g	Protein	11	g	Iron	1.5	mg
Sodium	87	mg	Cholesterol	6	mg	Vitamin A	100	IU			
Sugars	11	g	Carbohydrate	43	g	Calcium	254	mg			

**Components Per One Serving (K-12):**

Meat/Meat ALT	Grain	Vegetable(s)	Fruit	Milk
1 oz. eq.	1 oz. eq.	0 cups(s)	1/2 cup(s)	0 cup(s)

**Serving Size:**

<b>Serving Size:</b> 1 cup or 8.6 oz	<b>Yield:</b> 6 gallons 1 qt or 53 lbs 12 oz
<b>NSLP/SBP Crediting Information:</b>	
K-8:	1 oz eq meat/meat alternate; 1 oz eq grains; ½ cup fruit
9-12:	1 oz eq meat/meat alternate; 1 oz eq grains; ½ cup fruit