



Recipe Project Name/Written By:	To Taste
Recipe Category:	Breakfast, Grab n' Go, Quick Scratch
Cooking Process:	#1 No Cook
Prep Time:	30 minutes
Cook Time:	
Total Time:	30 minutes
K-12 Portion Size:	1 cup

[illegible]

APPLE PIE OVERNIGHT OATS	
NUTRITION INFORMATION	
Serving Size	1 cup
NUTRIENTS	AMOUNT
Calories	250
Total Fat	3 g
Saturated Fat	0 g
Cholesterol	3 mg
Sodium	67 mg
Total Carbohydrate	52 g
Dietary Fiber	5 g
Total Sugars	24 g
Added Sugars	5 g
Protein	9 g
Vitamin D	2 mcg
Calcium	128 mg
Iron	1.4 mg
Potassium	430 mg
N/A=data not available.	

ALLERGENS: Milk
Allergen and nutrient information may vary based on the specific products and ingredients used on site.

*MARKETING GUIDE		
Food as Purchased for	16 Servings	64 Servings
N/A		

NOTES

YIELD/VOLUME	
16 Servings	64 Servings
Total Weight: 9 lb	Total Weight: 36 lb
Total Volume: 1 gal	Total Volume: 4 gal

