



## **APPLE PIE OVERNIGHT OATS**

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

**Meal Pattern Contribution:** 1 oz eq WGR grain, 1 oz eq m/ma, 1/2 cup fruit

INCDEDIENTS	INGREDIENTS 16 Servings 64 Servings		rvings	DIDECTIONS		
INGREDIENTS	Weight	Measure	Weight	Measure	DIRECTIONS	
Yogurt, vanilla, low-fat, reduced sugar	4 lb		16 lb		CCP: No bare hand contact with ready to eat food.	
Applesauce, unsweetened		2 qt		1 gal	1. Combine yogurt, applesauce, and cinnamon in a large bowl, pan, or container. Stir to mix thoroughly. Add oats, and stir again to combine. Cover and refrigerate several hours or overnight.	
Cinnamon, ground		1 Tbsp		1/4 cup	CCP: No bare hand contact with ready to eat food.	
Oats, old fashioned	1 lb		4 lb		2. Using a #4 disher or 2 - #8 dishers, place 1 cup of oat mixture into 9 ounce cups.	
					CCP: Hold and serve at 41° F or below.	

## **APPLE PIE OVERNIGHT OATS NUTRITION INFORMATION** Serving Size 1 cup NUTRIENTS **AMOUNT Calories** 250 **Total Fat** 3 g 0 g Saturated Fat Cholesterol 3 mg Sodium 67 mg **Total Carbohydrate** 52 g Dietary Fiber 5 g **Total Sugars** 24 g Added Sugars 5 g 9 g **Protein** Vitamin D 2 mcg Calcium 128 mg 1.4 mg Iron 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			

