NATIONAL DAIRY COUNCIL™

Apple Pie Overnight Oats

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Breakfast

Recipe HACCP Process: #1 No Cook

50 Servings

Ingredients	Weight	Measure
Oats, rolled, unenriched, quick cooking		3 qts. + ½ cup
Yogurt, lowfat vanilla		6 qts. + 8 oz.
Milk, 1% white		6 cups + 4 oz.
Cinnamon, ground		2 Tbsp. + ¼ tsp.
Applesauce, unsweetened		2 #10 cans

Directions

1. In large mixer, combine dry oats, yogurt, milk and cinnamon
2. Stir in fruit
3. Measure 10 oz. portion into cups.
4. Place lids on cups and chill overnight. CCP: Maintain at 41° F or lower within 4 hours.
5. Optional: Add spices such as nutmeg, or other flavoring for variety. Garnish with sprinkle of cinnamon.

Serving:	Yield:	Volume:
Provides ½ cup fruit, 1 grain equivalent and 1 meat/meat alternate	50 servings:	50 servings: 3 gals. + 3½ qts. + 4 oz.

Nutrients Per Serving

Calories	209 kcal	**Saturated Fat**	1.32 g	**Iron**	0.50 mg
Protein	9.37 g	**Cholesterol**	9 mg	**Calcium**	264.17 mg
Carbohydrates	39.42 g	**Vitamin A**	174.7 IU	**Sodium**	121 mg
Total Fat	2.63 g	**Vitamin C**	1.5 mg	**Dietary Fiber**	3.03 g