Peaches 'N Cream Overnight Oats

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Breakfast

Recipe HACCP Process: #1 No Cook

Ingredients	50 Servings 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.
Peaches, canned, diced extra light syrup		2 #10 cans

Directions

1. In large mixer, combine dry oats, yogurt and milk
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 cinnamon, nutmeg, or other flavoring for variety.

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	215 kcal	**Saturated Fat**	1.32 g	**Iron**	0.86 mg
Protein	9.87 g	**Cholesterol**	9 mg	**Calcium**	266.91 mg
Carbohydrates	38.61 g	**Vitamin A**	513.8 IU	**Sodium**	113 mg
Total Fat	2.75 g	**Vitamin C**	5.3 mg	**Dietary Fiber**	2.30 g