



# Very Berry Overnight

OATS

This recipe was developed in partnership with



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## MEAL PATTERN CONTRIBUTION

- 1 M/MA
- 1 oz. grain serving
- ½ cup fruit

## YIELD

- 32 Servings

## PORTION

- 9 oz.

## INGREDIENTS

- Yoplait® ParfaitPro® yogurt low-fat Strawberry (128 oz.) (2 pouches - 8 cups each)
- Milk, low-fat or fat-free (64 oz.) (8 cups)
- Berries, frozen, unsweetened (5 lbs.) (16 cups)
- Oats, quick cooking, dry (32 oz.) (10 ⅔ cups)

## PREPARATION

1. Combine all ingredients in a large bowl. Stir to mix thoroughly. Cover and refrigerate several hours or overnight. Hold at 41 °F or lower. (CCP)
2. Divide evenly between 32 - 9 oz. cups and cover. Hold at 41 °F or lower. (CCP)
3. Serve one 9 oz. portion and hold no longer than 72 hours.

## NOTE

1. Top each cup with 1 oz. of Yoplait® ParfaitPro® Vanilla yogurt and 1 Tbsp. berries. Use commodity fruit to decrease cost.

## Nutrients Per Serving

|                    |                  |                   |                   |                 |                       |
|--------------------|------------------|-------------------|-------------------|-----------------|-----------------------|
| Calories: 240 kcal | Carbs: 45 g      | Sat Fat: .8 g     | Vitamin A: 625 IU | Iron: 1.39 mg   | Sodium: 80 mg         |
| Protein: 9.65 g    | Total Fat: 2.5 g | Cholesterol: 4 mg | Vitamin C: 27 mg  | Calcium: 200 mg | Dietary Fibers: 3.8 g |