



Apple Pie Overnight Oats

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Breakfast

Recipe HACCP Process: #1 No Cook

| Ingredients | 50 Servings | | Directions |
|---|-------------|------------------|--|
| | Weight | Measure | |
| Oats, rolled, unenriched, quick cooking | | 3 qts. + ½ cup | <ol style="list-style-type: none"> 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. |
| 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 | |

Serving:

Provides ½ cup fruit, 1 grain equivalent and 1 meat/meat alternate

Yield:

50 servings:

Volume:

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 |