



Apple Pie Overnight Oats

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:	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