



PB&J Overnight Oats

Recipe Type: Breakfast

Meal Components: 1 oz eq WGR grain, 1 oz m/ma, 1/2 cup fruit

Ingredients	32 servings		96 servings		Directions
	Weight	Measure	Weight	Measure	
					CCP: No bare hand contact with ready to eat food.
Strawberries, frozen, sliced, no sugar added	8 lbs		24 lbs		1. Day before service, defrost strawberries in the refrigerator overnight. Place in a perforated pan set over a solid pan to drain liquid.
					CCP: Hold at 41° F or below.
Overnight Oats					CCP: No bare hand contact with ready to eat food.
Milk, low-fat		1/2 gal		1 1/2 gals	2. Combine milk, nut/seed/soy butter, honey, and cinnamon in a large bowl or container. Whisk until smooth.
Nut, seed, or soy butter		2 cups		1 qt + 2 cups	
Honey		3/4 cup		2 1/4 cups	
Cinnamon, ground		1 Tbsp		3 Tbsp	
Oats, old fashioned	2 lbs		6 lbs		3. Add oats and gently stir to combine. Cover and place in the refrigerator overnight or at least 4 hours.
					CCP: Hold at 41° F or below.
					CCP: No bare hand contact with ready to eat food.
Yogurt, Greek, fat-free, vanilla		1 qt		3 qts	4. Day of service, remove from cooler and mix well before portioning. Layer ingredients in a 12 oz clear cup in the following order:
					#8 disher thawed drained strawberries



				#10 disher overnight oats
				#16 disher vanilla yogurt
				5. If serving as a grab-and-go breakfast, cover with lid.
				CCP: Hold and serve at 41° F or below.

Notes:	Serving:
Quick oats become mushy when held overnight, so old fashioned are recommended.	1 serving provides 1 oz eq WGR grain, 1 oz eq m/ma, and 1/2 cup fruit.
Leftover overnight oats can be served the next day.	

Portion Size	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
1 serving	319 kcal	10.42 g	2.28 g	3.90 mg	116.82 mg	47.91 g	7.36 g	22.00 g	11.58 g

Nutrients generated with NUTRIKIDS® Menu Planning and Nutritional Analysis software and should not be used medical conditions or food allergies.