

# Overnight Oats Breakfast Bowl

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process #2- Same Day Service

**YIELD**

**50 Servings**

**100 Servings**

**Skill Level: Intermediate**

Ingredients	Weight	Measure	Weight	Measure
Oats	4 lbs.		8 lbs.	
Dairy-free Milk		1 ½ gallons		3 gallons
Cinnamon		1 cup		1 pint (2 cups)
Maple syrup		1 pint (2 cups)		1 quart (4 cups)
<b>Pick up to two fruit options: Each option provides ¼ cup fruit</b>				
Strawberries, sliced or diced, fresh	5 lbs.		10 lbs.	
Peaches, canned, drained		2-#10 cans		4-#10 cans
Pears, canned, drained		2-#10 cans		4-#10 cans
Blueberries, fresh	4 lbs. 4 oz.		8 ½ lbs.	
Bananas, sliced	7 lbs. 4 oz.		14 lbs. 8 oz.	
<b>Optional garnishes</b>				
Cinnamon		¼ cup		½ cup

HACCP- Standard Operating Procedure- Use handwashing procedures before starting recipe.

HACCP – Standard Operating Procedure- Wash all produce before starting this recipe.

## Preparation

1. Choose which two fruit options will be included. Prepare as needed.
2. For every 50 servings, combine all ingredients in on 6-inch full steamtable pan.
3. Mix until well combined.
4. Cover with a lid and store in the cooler overnight.

HACCP Critical Control Point: Hold at internal temperature of 40°F or below

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

## Serving Information

Portion 1 cup of overnight oats in a bowl or 10 oz. clear cup. Sprinkle with cinnamon, if desired.

## Nutrition Information per flatbread \*From USDA Nutrient Database

Calories: 440 Total Fat: 7g Saturated Fat: 1g Monounsaturated Fat: 2g Polyunsaturated Fat: 3g Trans Fat: 0g  
 Cholesterol: 0mg Carbohydrate: 78g Fiber: 12g Total Sugar: 19g Protein: 17g Sodium: 69mg Vitamin A: 1µg  
 Vitamin C: 23mg Calcium: 120mg Iron: 5mg Folate: 95µg