

OVERNIGHT OATS 101

You can now serve delicious, nutritious overnight oats to students and get credit for the fruits, yogurt and grain thanks to updated USDA guidelines.



OATS

1/4 cup (credit as 1 grain)
Quick or Old Fashioned Rolled Oats



MILK

1/8 cup
Milk:

- Lowfat White
- Fat-Free White
- Fat-Free Chocolate
- Fat-Free Strawberry



YOGURT

1/2 cup (credit as 1 meat alternative component)
Lowfat Yogurt:

- Flavored
- Greek-style
- Plain
- Vanilla



FRUIT

1/2 cup* (credit as 1/2 fruit)

- Apples
- Bananas
- Blueberries
- Peaches
- Strawberries
- Pineapple

*or 1/4 cup dried fruit

EXTRAS

- Brown Sugar
- Cocoa Powder
- Nut/Seed Butter
- Chocolate Chips
- Maple Syrup
- Raisins
- Cinnamon
- Nutmeg
- Vanilla

DIY OVERNIGHT OATS



Making overnight oats in your school can be easy and count as a reimbursable school meal!

DIRECTIONS

- 1 In a large mixer, combine dry oats, yogurt and milk.
- 2 Stir in fruit. Add spices or other flavoring for variety.
- 3 Measure and portion using a measuring cup to ensure correct portion size.
- 4 Chill overnight, maintaining a temperature of 41°F or below.

RECIPE TO TRY

APPLE PIE OVERNIGHT OATS

Yield: 50, 10 fl. oz. servings

1/2 fruit | 1 grain | 1 meat alternative

INGREDIENTS

3 qt. + 1/2 cup quick oats
6 qt. + 8 oz. lowfat vanilla yogurt
6 cups + 4 oz. lowfat milk
2 #10 cans unsweetened applesauce
2 tbsp. + 1/4 tsp. ground cinnamon



DIRECTIONS

- 1 In large mixer, combine approximately 3 quarts + 1/2 cup quick oats, 6 quarts + 8 ounces lowfat vanilla yogurt, 6 cups + 4 ounces lowfat milk and 2 tablespoons + 1/4 teaspoon ground cinnamon.
- 2 Stir in 2 #10 cans of unsweetened applesauce.
- 3 Using a measuring cup, portion overnight oats into cups. Place lids on cups and chill overnight, maintaining a temperature of 41°F or below.
- 4 In the morning, serve chilled and garnish with a sprinkle of cinnamon.