

*This recipe is quick to prepare, no special equipment needed, and made in advance for simple breakfast setup the next morning.*

## Strawberry Overnight Oats



Nutrition Facts	
Serving Size 1 Serving	
Serving Weight 245.197 gm	
Amounts Per Serving	
Calories	281.463 kcal
Total Fat	2.417 gm
Saturated Fat	0.584 gm
Trans Fat	0.000 gm*
Cholesterol	4.429 mg
Sodium	79.614 mg
Potassium	320.607 mg*
Carbohydrates	57.703 gm
Fiber	3.256 gm
Sugars	33.184 gm
Protein	8.835 gm
Iron	1.172 mg*
Calcium	180.682 mg*
Vitamin A (IU)	634.410 iu*
Vitamin C	27.412 mg*
Vitamin D	3.095 mcg*
Saturated Fat % of Calories	1.87%
* = Indicates missing Nutrient Information. ^ = Indicates user added nutrient.	
WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.	

**Component Contribution:** 1 oz WG, 1 oz M/MA

Special thanks to Hardin County Schools in Kentucky for sharing their delicious recipe!

Makes 16 Servings

Ingredients	Instructions
4 lb Low-Fat Strawberry Yogurt	<p><i>Pre-Service:</i></p> <ol style="list-style-type: none"> <li>Allow strawberries to thaw under refrigeration for 24-48 hours prior to preparation.</li> <li>On the day before service whisk the milk, yogurt, and sugar in a large mixing bowl. Then add in the thawed strawberries and dry oats. Mix until well combined.</li> <li>Portion 10 fl.oz. into a 12 fl.oz cup. Cover with a fitting lid. Hold overnight in refrigeration. <i>*ProTip: Garnish with a fresh strawberry on top for color contrast and presentation.</i></li> </ol> <p><i>Day of Service:</i></p>
28 fl.oz. Fat-Free Unflavored Milk	
½ Cup Granulated Sugar	
1 Qt Quick Oats, Dry	
1 lb 4 oz Sliced Strawberries, Frozen	

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16 Fresh Strawberries (optional)	4. Serve each student 1 serving of strawberry overnight oats.
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