



PEANUT BUTTER CHOCOLATE OVERNIGHT OATS

Recipe Project Name/Written By:	To Taste
Recipe Category:	Breakfast, Grab n' Go, Quick Scratch
Cooking Process:	#1 No Cook
Prep Time:	30 minutes
Cook Time:	
Total Time:	30 minutes
K-12 Portion Size:	#6 disher overnight oats + 1/2 c strawberries

Meal Pattern Contribution:

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

INGREDIENTS	32 Servings		64 Servings	
	Weight	Measure	Weight	Measure
Strawberries, USDA, frozen, sliced, unsweetened		1 gal		2 gal
Oats, old fashioned	2 lb		4 lb	
Milk, skim or low-fat		1/2 gal		1 gal
Yogurt, vanilla, low-fat, reduced sugar	4 lb		8 lb	
Nut or seed butter		2 c		1 qt
Cocoa powder		1 c		2 c
Sugar, brown, packed		3/4 c		1 1/2 c
Vanilla extract (optional)		1/4 tsp		1/2 tsp
Chocolate chips, semisweet, mini		1/4 c + 1 Tbsp + 1 tsp		1/2 c + 2 Tbsp + 2 tsp

DIRECTIONS
CCP: No bare hand contact with ready to eat food.
1. Day before service , place strawberries in a colander or perforated pan set over a solid pan to drain. Cover to store.
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2. Combine oats, milk, yogurt, nut or seed butter, cocoa powder, brown sugar, and optional vanilla extract in a large bowl, pan, or container. Stir to mix thoroughly. Cover and refrigerate several hours or overnight.
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3. Using a #16 disher, place 1/4 cup thawed drained strawberries in a 12 ounce cup. Top with a #6 disher of overnight oats, and another #16 disher of strawberries. Sprinkle with 1/2 tsp chocolate chips.
CCP: Hold and serve at 41° F or below.

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NUTRITION INFORMATION

Serving Size 1 cup

NUTRIENTS AMOUNT

Calories 350

Total Fat 12 g

Saturated Fat 3 g

Cholesterol 5 mg

Sodium 140 mg

Total Carbohydrate 52 g

Dietary Fiber 7 g

Total Sugars 21 g

Added Sugars 10 g

Protein 14 g

Vitamin D 1 mcg

Calcium 180 mg

Iron 2.9 mg

Potassium 610 mg

N/A=data not available.

ALLERGENS: Milk

Allergen and nutrient information may vary based on the specific products and ingredients used on site.

*MARKETING GUIDE

Food as Purchased for	32 Servings	64 Servings
N/A		

NOTES

Quick oats are not recommended as they get mushy quickly.

Yogurt brands vary in consistency, which can affect the texture of overnight oats. If the mixture is too thin, try adding more oats and reassess the nutrition information accordingly.

YIELD/VOLUME

32 Servings	64 Servings
Total Weight Oat Mixture: 11 lb 13 oz	Total Weight: 23 lb 10 oz
Total Volume: 1 gal + 1 qt + 1 1/3 cups	2 gal + 2 qt + 2 2/3 cups

