

Rise n' Shine Strawberry Oats

Prep Time: 30 Minutes | Cook Time: No Cook

Wholesome mixture of rolled oats, vanilla yogurt, low-fat milk, and fresh strawberries.

Serving Size: 10 oz

Crediting Information: 1 serving provides 1 oz eq meat/MA, 1 oz eq whole grain, and ½ cup fruit.

Substitutions: Blueberries can be substituted for a portion or all of the strawberries.



Source: Team Nutrition Training Grant for School Meal Recipe Development, Virginia Department of Education

FY 21 Cohort A





**This recipe can be gluten free if the oats are a gluten free certified product. Always check the product label for verification.*



Chef Tip:

Portion one parfait into a cup. Place a mark on the side of another empty cup to represent the 'fill line'. Fill the remaining cups to the same level.

Ingredient	50 Servings Weight	50 Servings Measure	100 Servings Weight	100 Servings Measure
Low-fat yogurt, vanilla	13 lb 7 oz	1 gal 2 qt 1 cup	26 lb 14 oz	3 gal 2 cups
Oats, rolled, whole grain, quick cooking	3 lb 2 oz	3 qt ½ cup	6 lb 4 oz	1 gal 2 qt 1 cup
Milk, 1% white 		1 ½ qt ½ cup		3 qt 1 cup
Fresh strawberries 	8 lb 7 oz	1 gal 2 qt 1 cup	16 lb 14 oz	3 gal 2 cups

Nutrition Information

Serving Size: 10 oz

Nutrients	Amount
Calories	217 kcal
Total Fat	3 g
Saturated Fat	1 g
Cholesterol	2 mg
Sodium	69 mg
Total Carbohydrate	41 g
Dietary Fiber	4 g
Total Sugars	20 g
Added Sugars Included	N/A
Protein	8 g
Vitamin D	N/A
Calcium	182 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available

Marketing Guide

Food as Purchased for	50 Servings	100 Servings
Strawberries, raw, whole	9 lbs 10 oz	19 lbs 4 oz

Notes

*Note: Frozen USDA strawberries may be used in place of fresh strawberries.

Cooking process #1: No cook.



Yield/Volume

50 Servings	100 Servings
About 31 lb 4 oz	About 62 lb 8 oz
3 gal, 2 cup	6 gal, 1 qt

Directions

1. Combine yogurt, oats, and milk in a large bowl using a rubber spatula (it may be necessary to do the recipe in two batches depending on the mixing bowl size).
2. Wash, drain, and stem the strawberries. Cut into $\frac{1}{2}$ " dice (alternatively, you can use a food processor with a dicing blade).
3. Place 50 (12 oz each) parfait cups on 2 sheet pans (18" x "26 x 1").
4. Reserve $\frac{1}{4}$ of the cut strawberries for garnish.
 - a. For 50 servings, reserve 6 $\frac{1}{4}$ cup.
 - b. For 100 servings, reserve 3 qt $\frac{1}{2}$ cup.
5. Fold the remaining strawberries into the yogurt mixture using a rubber spatula.
6. Portion 1 cup (10 oz by weight) of the yogurt mixture into each parfait cup. This can be done using 2- No. 8 scoops.
 - *See chef tip
7. Using the No. 30 scoop (1oz), top each of the yogurt filled parfait cups with the reserved strawberries.
8. Place lids on the parfait cups and chill overnight.
 - Critical Control Point: Hold for cold service 41°F or lower.

