



|                                        |                                      |
|----------------------------------------|--------------------------------------|
| <b>Recipe Project Name/Written By:</b> | To Taste                             |
| <b>Recipe Category:</b>                | Breakfast, Grab n' Go, Speed Scratch |
| <b>Cooking Process:</b>                | #1 No Cook                           |
| <b>Prep Time:</b>                      | 30 minutes                           |
| <b>Cook Time:</b>                      |                                      |
| <b>Total Time:</b>                     | 30 minutes                           |
| <b>K-12 Portion Size:</b>              | 1 cup                                |
|                                        |                                      |

[illegible]

| APPLE PIE OVERNIGHT OATS |               |
|--------------------------|---------------|
| NUTRITION INFORMATION    |               |
| Serving Size             | 1 cup         |
| <b>NUTRIENTS</b>         | <b>AMOUNT</b> |
| Calories                 | 250           |
| Total Fat                | 3 g           |
| Saturated Fat            | 0 g           |
| Cholesterol              | 3 mg          |
| Sodium                   | 67 mg         |
| Total Carbohydrate       | 52 g          |
| Dietary Fiber            | 5 g           |
| Total Sugars             | 24 g          |
| Added Sugars             | 5 g           |
| Protein                  | 9 g           |
| Vitamin D                | 2 mcg         |
| Calcium                  | 128 mg        |
| Iron                     | 1.4 mg        |
| Potassium                | 430 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 | 16 Servings | 64 Servings |
| N/A                   |             |             |
|                       |             |             |
|                       |             |             |
|                       |             |             |
|                       |             |             |

| NOTES |
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| YIELD/VOLUME        |                     |
|---------------------|---------------------|
| 16 Servings         | 64 Servings         |
| Total Weight: 9 lb  | Total Weight: 36 lb |
| Total Volume: 1 gal | Total Volume: 4 gal |

