

## “On the Beach” Overnight Oats



**Component Contribution:** 1 oz eq whole grain, 1 oz eq meat/meat alternate

Nutrition Facts	
Serving Size 10 ounces (221 gm)	
Amount Per Serving	
Calories	227.890
	% Daily Value*
Total Fat 2.417 gm	3.719 %
Saturated Fat 0.584 gm	2.918 %
Trans Fat 0.000* gm	
Cholesterol 4.429 mg	1.476 %
Sodium 79.614 mg	3.317 %
Total Carbohydrate 42.565 gm	14.188 %
Dietary Fiber 2.290 gm	9.162 %
Total Sugars 21.438 gm	
Includes 10.673* of Added Sugars	
Protein 8.876 gm	17.751 %
Vitamin A 609.661* IU	12.193 %
Vitamin C 0.263* mg	0.438 %
Vitamin D 3.095 mcg	15.474 %
Calcium 175.682 mg	17.568 %
Iron 0.825 mg	4.581 %
Potassium 283.661* mg	6.035 %
Saturated Fat % of Calories	2.304%

\* Indicates missing Nutrient Information.  
^ Indicates user added nutrient.

Makes 16 (10 oz) Servings

Ingredients	Instructions
4 lb Low-Fat Strawberry Yogurt	1. On the day before service whisk the milk and yogurt in a large mixing bowl. Then add in the drained pineapple and dry oats. Mix until well combined.  2. Portion 10 fl.oz. into a 12 fl.oz cup. Cover with a fitting lid. Hold overnight in refrigeration.  <i>*ProTip: Garnish fresh strawberries, a tropical fruit such as kiwi, mango, or toasted coconut shavings.</i>
3.5 Cups Unflavored Fat-Free Milk	
1 Qt Quick Oats, Dry	
1 lb + 4oz Pineapple, Canned, Drained	

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