

# Sweet Cherry & Chocolate Overnight Oats

Preparation time: 30 minutes | Cook time: 6 hours to cool



HACCP Process:  1 – No Cook  2 – Cook & Same Day Serve  3 – Cook, Cool, Reheat, Serve  4 – SOP Controlled

Ingredients	For 50 Servings		For 100 Servings		Directions
	Weight	Measure	Weight	Measure	
Montana sweet Flathead cherries, frozen, pitted	8 lb		16 lb		<ol style="list-style-type: none"> <li>Set aside half the cherries.</li> <li>Stir together cereal, yogurt, honey (if using honey), half of the cherries, and cocoa powder. Omit the honey if using sweetened yogurt.</li> <li>Portion out 4 oz (1/2 cup volume scoop) into individual service dishes or hold in bulk quantity until ready to use.</li> <li>If in individual dishes, top each portion with the remaining cherries (approximately 3 cherries each or 1/4 cup). If bulk, spread the remaining cherries over the top.</li> <li>Cover and refrigerate for at least six hours.</li> </ol> <p>Critical Control Point: Cool to 41°F or lower within 4 hours. Critical Control Point: Hold at 41°F or below.</p>
Montana's Cream of the West Roasted 7 Grain Cereal, uncooked	54 oz	Three 18 oz boxes	108 oz	Six 18 oz boxes	
Yogurt, plain, vanilla or Greek	12 lb 8 oz	1 gal 2 qt 1 cup	25 lb	3 gal 2 cups	
Honey, if using plain yogurt		1/2 cup 1 Tbsp		1 cup 2 Tbsp	
Cocoa powder		3/4 cup		1 1/2 cups	

**Serving Size:** 1/2 cup (4 fl oz spoodle)

**Yield:** 50 servings = 12.5 lb or 25 cups | 100 servings = 25 lb or 50 cups

**Meal Component Crediting** (Based on Serving Size)

**1 Serving Provides:** 1 oz meat alternate, 3/8 cup fruit, and 1 oz equivalent grains.

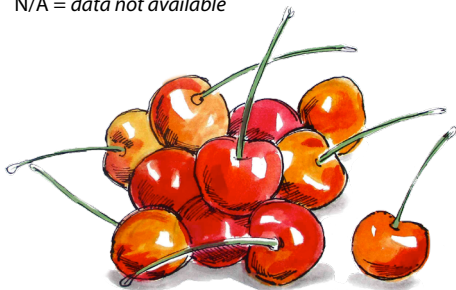


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Nutrition Analysis <i>(Based on Serving Size)</i>	
<b>Calories (cal)</b>	<b>198</b>
<b>Total Fat (g)</b>	1 g
Saturated Fat (g)	0.4 g
<b>Cholesterol (mg)</b>	4 mg
<b>Sodium (mg)</b>	34 mg
<b>Total Carbohydrate (g)</b>	35 g
Dietary Fiber (g)	5 g
Total Sugars (g)	16 g
Added Sugars included (g)	13 g
<b>Protein (g)</b>	13 g
<b>Vitamin D</b>	0 mcg
<b>Calcium (mg)</b>	107 mg
<b>Iron (mg)</b>	5 mg
<b>Potassium (mg)</b>	267 mg

N/A = data not available



Source: Montana Team Nutrition - Harvesting Montana Recipes Contest  
 Original Source: Shelli Boggess, Deer Lodge Schools, MT  
 Standardized by: Ashley Darling and staff, Monforton School, MT and Chef Leah Smutko, Fork and Spoon Kitchen, Bozeman, MT

Marketing Guide		
Food as Purchased for	50 Servings	100 Servings
Sweet cherries, frozen, pitted	8 lb	16 lb



## Notes

- Optional garnish: fresh cherries, yogurt, light dusting of cocoa powder.
- This recipe is the most eye appealing when served in individual dishes; this also makes it portable for grab and go.



June 2022, Montana Team Nutrition, [www.montana.edu/teamnutrition/](http://www.montana.edu/teamnutrition/), [www.montana.edu/mtfarmtoschool/](http://www.montana.edu/mtfarmtoschool/)  
 This project was funded using U.S. Department of Agriculture grant funds.  
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