



## INGREDIENTS

- 3 Cups Old Fashioned Rolled Oats
- 3 Cups Whole Milk
- 3 Cups Chopped Apple
- 6 Tablespoons Sliced Almonds
- 6 Tablespoons Chopped Hazelnuts
- 6 Tablespoons Raisins
- 6 Tablespoons Dried Strawberries
- Honey (for drizzling)

## DIRECTIONS

1. Combine the milk with the oats and let them soak in the refrigerator for an hour.
2. Mix in your fruit and nuts, drizzle on some honey and enjoy.

## MEAL PATTERN CONTRIBUTION

-  Grain
-  Fruit

## MEAL TYPE

-  Breakfast

## YIELD

9 Cups

## PORTION SIZES

- Toddler:** ½ Cup Oats + ¼ Cup Apples
- Preschool:** ½ Cup Oats + ½ Cup Apples
- School Age:** 1 Cup Oats + ½ Cup Apples
- Adult:** 1½ Cups Oats + ½ Cup Apples