



INGREDIENTS

- 6 Cups Rolled Quick Oats
- 12 Cups Water or Milk
- 3 Cups Medjool dates (pitted and chopped)
- 3 Cups Mixed Nuts (almonds, walnuts, pistachios; chopped)
- 1 Teaspoon Cinnamon
- Drizzle of Honey or Maple Syrup (optional)

DIRECTIONS

1. Combine rolled oats, water or milk, chopped dates, and cinnamon in a small saucepan.
2. Bring the mixture to a boil over medium-high heat, then reduce heat to low.
3. Simmer, stirring occasionally, for 5-7 minutes, or until oats are cooked and desired consistency is reached.
4. Remove from heat and stir in most of the chopped nuts.
5. Pour oatmeal into a serving bowl.
6. Garnish with remaining chopped nuts and a drizzle of honey or maple syrup if desired.
7. Serve warm.

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

 Breakfast

YIELD

18 Cups

PORTION SIZES

Toddler: ½ Cup

Preschool: ½ Cup

School Age: 1 Cup

Adult: 1¾ Cups