



INGREDIENTS

- 6 Cups Old Fashioned Rolled Oats
- 6 Cups Plain Yogurt (meets CACFP sugar limits)
- 3 Cups Milk
- ¾ Cup Honey
- 3 Teaspoons Vanilla Extract
- 1½ Teaspoons Ground Cardamom
- 3 Cups Mango (chopped; split)
- 3 Teaspoons Chia Seeds (optional; for garnish)

DIRECTIONS

1. In a large mixing bowl, combine the oats, yogurt, milk, honey, vanilla and cardamom. Stir until well combined.
2. In a food processor, or blender or with an immersion blender, blend 1½ cups of the mango until you have a smooth puree.
3. Stir the mango puree into the oat mixture and mix until well combined.
4. Divide the mixture into 12 jars, place the lids on, and refrigerate overnight, or for at least 6 hours.
5. Remove from the refrigerator and garnish with remaining 1½ cups chopped mango before serving.

MEAL PATTERN CONTRIBUTION

-  Grain
-  Meat/Meat Alternate

MEAL TYPE

 Breakfast

YIELD

12 Servings

PORTION SIZES

Toddler: ½ Serving
Preschool: ½ Serving
School Age: 1 Serving
Adult: 2 Servings