



REFRIGERATOR CHERRY OATS

July 11

National Rainier Cherry Day

INGREDIENTS

- 2 Cups Old-Fashioned (Rolled) Oats
- 1½ Teaspoon Almond Extract
- ¼ Cup Maple Syrup or Brown Sugar
- ¾ Cup Milk
- 2 Cups Pitted Rainier Cherries (or other variety)

DIRECTIONS

1. Mix the oats, extract, syrup and milk together in a large bowl.
2. Layer cherries on top.
3. Cover and refrigerate for at least 4 hours.

MEAL PATTERN CONTRIBUTION

-  Grain
-  Fruit

MEAL TYPE

-  Snack

YIELD

4 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Cup	1 Cup	1½ Cups	1 Cup