



# PEACHY OATMEAL BAKE

August 27

National Peach Day



## INGREDIENTS

- ¾ Cup Rolled Oats (dry, not quick)
- ½ Cup Low-Fat Milk
- 3½ Cups Peaches (canned, diced, drained)
- 1 Tablespoon Maple Syrup
- 1 Teaspoon Ground Cinnamon

## DIRECTIONS

1. Preheat oven to 400°.
2. In a small bowl, mix oats, milk, peaches, maple syrup and cinnamon until combined.
3. Add mixture to a greased 8"x8" baking dish.
4. Bake for 30 minutes or until bubbling and golden brown.

## MEAL PATTERN CONTRIBUTION

-  Grain
-  Fruit

## MEAL TYPE

 Breakfast

## YIELD

6 Cups

## PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Cup	¾ Cup	1 Cup	2 Cups