

JERSEY TASTES!

Sweet Potato Over-Night Oats



INGREDIENTS

FAMILY SIZE, SERVES 6

PORTION SIZE: 1 CUP

- 1 ¼ cup rolled oats
- 3 cup vanilla yogurt
- 1 ½ sweet potatoes
- ¼ cup milk
- ⅔ Tbsp. pumpkin spice
- ¼ cup honey



FUN FACT!

Sweet potatoes are rich in vitamins A and C, dietary fiber, and antioxidants. They are known for their health benefits, including boosting the immune system and promoting healthy skin and eyes.

DIRECTIONS

- 1** Wash then boil sweet potatoes with skin on. Cool sweet potatoes then remove skin. Mash sweet potatoes.
- 2** Combine mashed sweet potatoes, dry oats, yogurt, milk, pumpkin spice, and honey.
- 3** Portion mixture into cups. Sprinkle each portion with light dusting of pumpkin spice. Cover and chill overnight in the refrigerator (at least 8 hours). Served chilled.

Modified from Maschios Food Service Company
<https://www.nj.gov/agriculture/farmtoschool>



JERSEY TASTES!

Cranberry Oatmeal Bars



INGREDIENTS

FAMILY SIZE, SERVES 8

PORTION SIZE: 1 CUP

- 1 cup unsweetened applesauce
- ½ cup fresh cranberries
- ¼ cup honey
- 2 cups quick oats



DIRECTIONS



- 1** Preheat the oven to 350°F and line an 8×8-inch pan with parchment paper. (full hotel pan for food service)
- 2** Blend applesauce, cranberries, and honey until the mixture turns uniformly pink.
- 3** Stir the blended mixture with the oats until fully combined, adjusting sweetness if needed.
- 4** Spread the batter in the pan, bake 25–30 minutes until lightly golden, then cool completely before cutting and serving.

FUN FACT!

Cranberries are a native fruit of New Jersey. The Garden State is the third largest producer of cranberries in the US. While oats aren't a major field crop, NJ plays a large role in oat processing. Some farms in NJ grow oats contributing to our diverse agriculture.

