Rice Bowl Breakfast with Fruit and Nuts

**Ingredients**
- 1 cup cooked brown rice
- ½ cup nonfat or 1% milk
- ½ teaspoon cinnamon
- 1 cup chopped fruit (try a mixture—apples, bananas, raisins, berries, peaches)
- 2 Tablespoons chopped nuts (try unsalted walnuts or almonds)

**Directions**
1. Combine cooked rice, milk and cinnamon in a microwave safe bowl. Microwave on HIGH for 45 seconds. Stir and heat for another 45-60 seconds, or until rice mixture is heated through.
2. Divide rice mixture between two bowls. Top with fruit and nuts. Serve warm.
3. Refrigerate leftovers within 2 hours.

**Notes**
- Use a combination of fresh, canned, frozen and dried fruit in this recipe.
- You can use any leftover cooked grain in this recipe. Try white or wild rice, quinoa, barley or oatmeal.

**Nutrition Facts**

**Serving Size:** 1 cup (235g)
- **Servings per Recipe:** 2
- **Amount per serving:**
  - **Calories:** 280
  - **Calories from Fat:** 50
  - **Total Fat:** 6g
    - **Saturated Fat:** 1g
    - **Trans Fat:** 0g
  - **Sodium:** 35mg
  - **Total Carbohydrates:** 55g
    - **Dietary Fiber:** 5g
  - **Protein:** 7g

**Nutrition Tip**
Whole grains contain more vitamins and nutrients than their processed counterparts. At least half of the grains you eat each day should be whole grain.

**Examples of whole grains**
- Brown rice
- Oatmeal
- Quinoa
- Whole wheat flour

When looking at cereals, breads or pastas, choose one with a whole grain as the first ingredient. Whole grain ingredients include “whole” as part of the ingredient name. Keep in mind that “wheat flour” is not a whole grain, but “whole wheat flour” is!

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