

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)

Serving Size: 1 cup
Servings per recipe: 2
Prep time: 15 minutes
Cooking time: 5 minutes

Cost per recipe: \$1.54
Cost per serving: \$0.77



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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