

Rice Bowl Breakfast With Fruit and Nuts

September 2023 Recipe

Makes: 2 servings



Ingredients

- 1 cup cooked brown rice
- ½ cup nonfat milk
- ½ tsp. cinnamon
- 1 cup chopped fruit (e.g., apples, bananas, raisins, berries and peaches)
- 2 Tbsp. chopped nuts (e.g., walnuts or almonds)

Nutritional information for 1 serving

Calories	203
Total fat	5 g
Saturated fat	1 g
Cholesterol	1 mg
Sodium	31 mg
Carbohydrate	35 g
Dietary fiber	4 g
Total sugars	10 g
Added sugars included	0 g
Protein	6 g

Directions

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