

Rice Bowl Breakfast with Fruit and Nuts



Ingredients

1 cup cooked **brown rice**1/2 cup nonfat or 1% **milk**1/2 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.

For tasty, healthy recipes that fit your budget, visit www.FoodHero.org!

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Nutrition Facts

Serving Size 1 cup (235g) Servings Per Container 2

Amount Per Serving

Calories	from Fat 50
	% Daily Value
	9%
Saturated Fat 1g	
Cholesterol 5mg	
Sodium 35mg	
drate 55g	18%
5g	20%
	t 1g ng drate 55g

Protein 7g

Vitamin A 2%	 Vitamin C 6% 	
Calcium 10%	• Iron 6%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydra	ate	300g	375g
Dietary Fiber		25g	30g
Calories per gran	m:		

Fat 9 • Carbohydrate 4 • Protein 4

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