

Rice Bowl Breakfast with Fruit and Nuts

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.

Makes: 2 servings
 Prep Time: 15 minutes
 Cook Time: 5 minutes

Source: foodhero.org/recipes/rice-bowl-breakfast-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.

Utensils Needed

- Sharp knife
- Cutting board
- 2 cereal bowls
- Mixing spoon
- Microwave-safe bowl
- Mixing spoon
- Measuring cups
- Measuring spoons
- Liquid measuring cup



Small Changes,
 BIG Difference!



Nutrition Information

Serving Size: 1 cup

Nutrients	Amount
Calories:	280
Total Fat:	6 g
Saturated Fat:	1 g
Cholesterol:	0 mg
Sodium:	35 mg
Total Carbohydrates:	55 g
Dietary Fiber:	5 g
Total Sugars:	23 g
Added Sugars:	0 g
Protein	7 g
Vitamin D	32 mcg
Calcium	116 mg
Iron	2 mg
Potassium	401 mg

SHOPPING LIST

Average total cost without oil and seasonings: \$5.63

Average cost/serving: \$2.82

Makes: 2 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Instant Brown Rice (14 oz)



Add 1 to Cart
Chopped Walnuts (8 oz)



Add 1 to Cart
Apple



Add 1 to Cart
Low-Fat Milk, 1/2 gallon

SAVE TIME, SAVE MONEY

My Cooking Notes

Preparation Tips

- Prepare rice in advance for use in this recipe, or use leftover rice from another meal. Alternatively, try using instant brown rice to save time.
- Try any combination of fruits that you have on hand to add to this rice bowl.
- You can use almond or soy milk in place of regular milk.
- You can use sunflower seeds in place of nuts.