



March 14- Rice Bowl Breakfast with Fruits and Nuts

Not Smart Snack

Link: <https://www.foodhero.org/recipes/rice-bowl-breakfast-fruit-and-nuts>

Recipe

Ingredients:

- 1 cup cooked brown rice
- ½ cup nonfat milk
- ½ teaspoon cinnamon
- 1 cup chopped fruit (bananas, raisins, berries)
- 2 Tablespoons chopped nuts

Directions:

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

Yield 2 servings

Nutrition Facts

Serving Size 1 cup (239.82g)
Servings Per Container 2

Amount Per Serving

Calories 240 Calories from Fat 40

% Daily Value*

Total Fat 4.5g 7%

Saturated Fat 1g 4%

Trans Fat 0g

Cholesterol <5mg 1%

Sodium 35mg 1%

Total Carbohydrate 44g 15%

Dietary Fiber 5g 19%

Sugars 13g

Protein 7g 13%

Vitamin A 4% • Vitamin C 10%

Calcium 10% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.