

## **Rice bowl breakfast with fruit and nuts**



Recipe credit

Rice Bowl Breakfast with Fruit and Nuts from Food Hero, Oregon State University, Cooperative Extension Service

### **About this recipe**

Serves

2

Serving size

1 cup

Time to make

Cook Time: 5 minutes; Preparation Time: 15 minutes

## Ingredients

- 1 cup cooked brown rice
- 1/2 cup nonfat (skim) milk (or 1% milk)
- 1/2 teaspoon cinnamon
- 1 cup chopped fruit (try a mixture - apples, bananas, raisins, berries, peaches)
- 2 tablespoons chopped nuts (try walnuts or almonds)

## Directions

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

## Tips and variations

- Use any 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.
- Skim milk, apples, and walnuts were used for nutrition and cost analysis.
- Learn more about fruits and what's in season now.

## Nutritional info

Calories

203

Total fat

5 g

Saturated fat

1 g

Cholesterol

1 mg

Sodium

31 mg

Total carbohydrates

35 g

Dietary fiber

4 g

Protein

6 g

Total sugar

10 g

Allergens

Dairy

Tree nuts

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