



Rice Bowl Breakfast with Fruit and Nuts



Makes: 2 Servings

Total Cost: \$\$\$\$

Cook Time: 5 minutes

Preparation Time: 15 minutes

The sweet and savory combination of ingredients in this rice bowl makes it a great start to your day. Rice, fruit, and nuts come together to create a nutritious, filling breakfast.

Ingredients

- 1 cup cooked brown rice
- 1/2 cup fat free (skim) milk, or 1%
- 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.

Notes

- 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.

Source:

Food Hero

Oregon State University Cooperative Extension Service


Nutrition Information

Serving Size: 1 cup

Nutrients	Amount
Total Calories	203
Total Fat	5 g
Saturated Fat	1 g
Cholesterol	1 mg
Sodium	31 mg
Carbohydrates	35 g
Dietary Fiber	4 g
Total Sugars	10 g
Added Sugars included	0 g
Protein	6 g
Vitamin D	1 mcg
Calcium	101 mg
Iron	1 mg
Potassium	234 mg

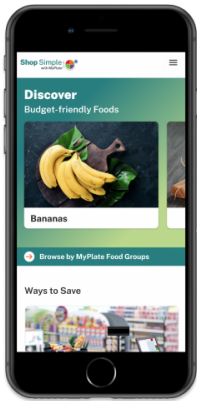
MyPlate Food Groups



	Fruits	1/2 cups
	Grains	1 ounces
	Protein Foods	1/2 ounces
	Dairy	1/4 cups

N/A will display when nutrient data is unavailable

Please note: nutrient values are subject to change as data is updated



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MyPlate.gov is based on the *Dietary Guidelines for Americans, 2020-2025*

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