

CINNA-YUMMY RICE CEREAL

Makes 2 servings
Serving Size: ½ cup

Ingredients

1 cup cooked long grain rice or brown rice
⅔ cup skim milk
1 tablespoon brown sugar
¼ teaspoon ground cinnamon
¼ cup fresh blueberries, raspberries, or strawberries

Directions

Combine rice, milk, brown sugar, and cinnamon in a small saucepan.

Place the saucepan over medium heat and cook until thick and creamy, about 10 minutes.

Spoon rice cereal into a small bowl; cool at least 3 minutes.

Top with fresh berries.

Nutrition Information Per Serving

165 Calories, Total Fat 1g, Saturated Fat 0g, Protein 5g, Total Carbohydrate 34g, Dietary Fiber 2g, Sodium 40mg. Excellent source of vitamin C. Good source of calcium.

To Learn More,
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