

Apricot-Rice Breakfast Cereal



Makes:

4 servings

Utensil:

1 Qt./9 L Sauce Pan with Cover

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Contributed By:

The Saladmaster® Guide to Healthy and Nutritious Cooking
Cookbook

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1

cup
apple juice
(240
mL)

2

cups
white or brown rice
(390
g)

2

tablespoons
dried apricots, chopped
(20
g)

1

teaspoon
honey or maple syrup
(5
mL)

1

cup

skim milk, or to taste
(240
mL)

Directions:

1. In saucepan over medium heat, combine juice, rice and apricots and cover. When Vapo-Valve? clicks, reduce heat to low and cook 15 minutes. Stir.
2. Add honey and milk. Serve hot.

Tips:

- May use leftover rice for this recipe.

Nutritional Information per Serving

Calories:

174

Total Fat:

1g

Saturated Fat:

0g

Cholesterol:

1mg

Sodium:

29mg

Total Carbs:

37g

Dietary Fiber:

2g

Sugar:

13g

Protein:

5g