

Apricot-Rice Breakfast Cereal



Makes:

4 servings

Utensil:

1 Qt./9 L Sauce Pan with Cover

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Recipe:

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 37g
Carbs:
Dietary Fiber: 2g
Sugar: 13g
Protein: 5g
