

# **Country Breakfast Cereal**

From the Whole Grains Council

<http://wholegrainscouncil.org/recipes/main-dishes/country-breakfast-cereal>

## **Ingredients**

- 1 cup (190g) uncooked brown rice
- 1/4 tablespoon butter or trans-fat free margarine
- 1/2 cup (75g) seedless raisins or dried cranberries
- 1 teaspoon ground cinnamon
- 2 1/4 (510 ml) cups water (For moister rice, add 1/4 cup (30 ml) extra water)
- skim or low-fat milk (optional)
- honey or brown sugar (optional)
- fresh fruit or toasted nuts (optional)

## **Instructions**

1. Combine rice, butter, raisins and cinnamon with water in a 2- to 3-quart saucepan. Bring to a boil; stir.
2. Reduce heat, cover, and simmer 40 to 50 minutes, or until rice is tender and liquid is absorbed.
3. Fluff with fork. Serve with milk or cream, honey or brown sugar, and fresh fruit or nuts, if desired.

Variation: Make Country Breakfast Cereal using leftover cooked brown rice. For 3 cups (585g) cooked rice, add butter or trans-fat free margarine, raisins or cranberries and cinnamon above, and heat in a saucepan or in your microwave oven until heated through. Add optional ingredients, if desired.

**Makes 6 servings**

## **Nutrition information per serving**

Calories: 160	Dietary Fiber: 2g
Total Fat: 1.5g	Sodium: 10mg
Saturated Fat: 0g	Protein: 3g
Carbohydrates: 34g	



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