



# Rice Bowl Breakfast with Fruit

FoodHero.org



## Ingredients



- 1 cup cooked brown rice
- 1/2 cup nonfat or 1% milk
- 1/2 tsp cinnamon
- 1 cup chopped fruit (try a mixture—apples, bananas, raisins, berries, peaches)
- 2 Tbsp chopped nuts (try unsalted walnuts or almonds)

Yield: 2 cups  
Serving Size: 1 cup



## Directions



1. Combine cooked rice, milk, and cinnamon in a microwave safe bowl. Microwave on HIGH for 45 seconds. Stir and heat for another 45-60 seconds, or until rice mixture is heated through.
2. Divide rice mixture between two bowls. Top with fruit and nuts. Serve warm.
3. Refrigerate leftovers within 2 hours.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



# Rice Bowl Breakfast with Fruit

FoodHero.org



## Ingredients



- 1 cup cooked brown rice
- 1/2 cup nonfat or 1% milk
- 1/2 tsp cinnamon
- 1 cup chopped fruit (try a mixture—apples, bananas, raisins, berries, peaches)
- 2 Tbsp chopped nuts (try unsalted walnuts or almonds)

Yield: 2 cups  
Serving Size: 1 cup



## Directions



1. Combine cooked rice, milk, and cinnamon in a microwave safe bowl. Microwave on HIGH for 45 seconds. Stir and heat for another 45-60 seconds, or until rice mixture is heated through.
2. Divide rice mixture between two bowls. Top with fruit and nuts. Serve warm.
3. Refrigerate leftovers within 2 hours.

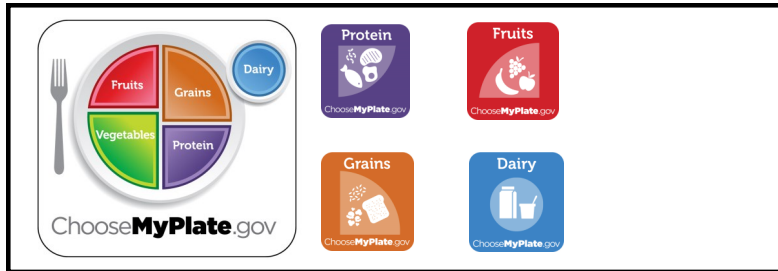
Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



# Fast Facts



## Featured Food Groups



## Cooking Tips



- Use a 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.

## Nutrition Facts



<b>Nutrition Facts</b>	
2 servings per container	
<b>Serving size</b>	<b>1 cup</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>280</b>
% Daily Value*	
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 35mg	<b>2%</b>
<b>Total Carbohydrate</b> 55g	<b>20%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 23g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 7g	<b>14%</b>
Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 1.08mg	6%
Potassium 0mg	0%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

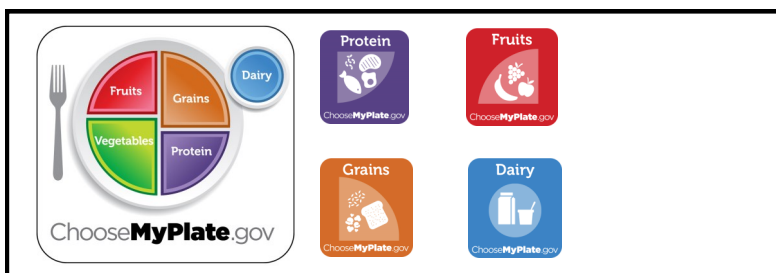
Second Harvest is an equal opportunity provider.



# Fast Facts



## Featured Food Groups



## Cooking Tips



- Use a 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.

## Nutrition Facts



<b>Nutrition Facts</b>	
2 servings per container	
<b>Serving size</b>	<b>1 cup</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>280</b>
% Daily Value*	
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 35mg	<b>2%</b>
<b>Total Carbohydrate</b> 55g	<b>20%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 23g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 7g	<b>14%</b>
Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 1.08mg	6%
Potassium 0mg	0%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Second Harvest is an equal opportunity provider.