

January

Healthy Recipe of the Month



MORNING RICE

Breakfast is the most important meal of the day. Studies show that a healthy breakfast is a great way to boost your energy, increase your attention span, increases your problem solving and concentration skills, and heightens your sense of well-being. Begin your day with Morning Rice, a healthy treat complete with the nutrients to start your day off right.

1/2 cup cooked brown rice
1/4 cup lowfat milk or soymilk
1 apple, peeled, cored, and finely chopped
1/4 teaspoon valilla extract
1/4 teaspoon cinnamon

Mix all ingredients in a microwave safe bowl. Heat on high for 1-2 minutes or until heated through.

Nutritional Information (per serving)

Calories 220; Fat 1.5g; Protein 4.7g; Carb. 48g; Fiber 7g; Calcium 92mg; Iron 1mg; Vitamin A (RE) 35mcg; Vitamin C 5mg; Folate 4mcg



This recipe is brought to you courtesy of WIC's *Lets Cook* recipe book. We will be highlighting healthy recipes each month.