



Recipes

Breakfast

Rice Porridge with Apples

Prep Time: 5 minutes

Cooking Time: 15 minutes

Yield: 3 servings

Ingredients:

2 cups leftover brown rice, 1/4 cup water, rice milk or coconut water

1 tablespoon maple syrup

1 teaspoon ground cinnamon

Pinch of sea salt

1 apple, peeled and diced

Directions:

1. Add rice, liquid, maple syrup, cinnamon and salt to a pan and cook over medium-low heat.
2. Add apple and mix well.
3. Bring mixture to a boil, then reduce heat to low and simmer.
4. Continue cooking for about 10 minutes or until the apple is soft.
5. Enjoy hot.

Variation:

You can use any leftover grain in place of the rice.