

Cooked Rice Cereal

Serves 4 (1 cup each)

Preparation time: 10 minutes

Cooking time: 15 minutes

Ingredients:

1-1/2 cups uncooked white rice

2 cup 1% lowfat milk

1/4 cup sugar

1 teaspoon ground cinnamon

Directions:

Cook rice according to instructions on the package. Combine warm cooked rice, milk, sugar, and cinnamon. Stir and serve.

Nutrition Facts:

Calories	250
Total fat	2 grams
Saturated fat	1 gram
Cholesterol	5 milligrams
Sodium	66 milligrams

Courtesy of www.usda.gov